

Yoga & Mediation TTC/ Retreat or Yoga Holiday

Gaiatreeschool Foundation/ Germany/ India/ Non- Profit organization



Thailand/ Banbourtong in January 2017
from _____2017 to _____2017 .

Information/ Administration/ Registration Form

Name: _____

Date of birth: _____

Address (Country, Town): _____

E-Mail: _____

Mobile: _____

Education Qualification: _____

Current occupation: _____

Are you totally healthy (physical/ mental/ spiritual level)? _____

If not, please describe your healthy issue:

remarks for the Teacher (Experience in Yoga/ Meditation, background, expectations)

By signing below I hereby agree with the terms of the course and accept the rules and regulations for a good co- existence. I further declare that all information about me are true and complete.

Date: _____ Signature: _____

Rules for the co-existence during the course

Yoga and Meditation are ancient Indian techniques. Traditionally has been taught in an ashram in so-called gurukula system. One begins by observing the natural breath to concentrate the mind. With a sharpened awareness one proceeds to observe the changing nature of body and mind and experiences the universal truths of impermanence, suffering and egolessness. This truth-realization by direct experience is the process of purification. The entire practice is a universal remedy for universal problems and has nothing to do with any organized religion or sectarianism. For this reason, it can be freely practiced by everyone, at any time, in any place, without conflict due to race, community or religion, and will prove equally beneficial to one and all.

What Yoga and Meditation not:

- It is not a rite or ritual based on blind faith.
- It is neither an intellectual nor a philosophical entertainment.
- It is not a rest cure, a holiday, or an opportunity for socializing.
- It is not an escape from the trials and tribulations of everyday life.

What is Yoga and Meditation:

- It is a physical, mental and spiritual technique that will eradicate suffering and lead to happiness and joy.
- It is a method of purification which allows one to face life's tensions and problems in a calm, balanced way.
- It is an art of living that one can use to make positive contributions to society.

Yoga & Meditation and Self-discipline

The process of self-purification by practicing asana, pranayama and meditation is certainly never easy--students have to work very hard at it, doesn't matter for long or short time. By their own efforts students arrive at their own realizations; no one else can do this for them. Therefore, the course will suit only those willing to work seriously and observe the discipline, which is there for the benefit and protection of the students and is an integral part of the Sadhana practice.

Four weeks, six days or less is certainly a very short time in which to penetrate the deepest levels of the unconscious mind and learn how to eradicate the complexes lying there. Continuity of the practice in seclusion is the secret of this technique's success. Rules and regulations have been developed keeping this practical aspect in mind. They are not primarily for the benefit of the teacher or the course management, nor are they negative expressions of tradition, orthodoxy or blind faith in some organized religion. Rather, they are based on the practical experience of thousands of students over the years and are both scientific and rational. Abiding by the rules creates a very conducive atmosphere for yoga & meditation; breaking them pollutes it.

A student will have to stay for the entire period of the course. The other rules should also be carefully read and considered. Only those who feel that they can honestly and scrupulously follow the discipline should apply for admission.

Those not prepared to make a determined effort will waste their time and, moreover, will disturb others who wish to work seriously. A prospective student should also understand that it would be both disadvantageous and inadvisable to leave without finishing the course upon finding the discipline too difficult.

Likewise, it would be most unfortunate if, in spite of repeated reminders, a student does not follow the rules and has to be asked to leave.

The Code of Discipline

The foundation of the practice are the yamas (Respect to others) and niyamas (respect for yourself) given by Maharishi Patanjali in his Yoga Sutras.

The Precepts

All who attend a course must conscientiously undertake the following five precepts for the duration of the course:

1. to abstain from killing any being (ahimsa);
2. to abstain from stealing (asteya);
3. to abstain from all sexual activity (brahmacharya);
4. to abstain from telling lies (satya);

5. to abstain from all intoxicants (alcohol, drugs ...).

Acceptance and Trust of the Teacher and the Technique -- Be your own master!

Students must declare themselves willing to comply fully and for the duration of the course with the teacher's guidance and instructions; that is, to observe the discipline and to practice exactly as the teacher asks, without ignoring any part of the instructions, nor adding anything to them. This acceptance should be one of discrimination and understanding, not blind submission. Only with an attitude of trust can a student work diligently and thoroughly. Such confidence in the teacher and the technique is essential for success. But also listen to your body and be your own master! Whenever discomfort, pain or doubts arise, trust your teacher and contact him.

Noble Silence

All students must observe Noble Silence (mauna) from Monday morning till Friday noon. Noble Silence means silence of body, speech, and mind. Any form of communication with fellow student, whether by gestures, sign language, written notes, etc., is not allowed.

Students may, however, speak with the teacher or assistant whenever necessary and they may approach the management with any problems related to food, accommodation, health, etc. But even these contacts should be kept to a minimum. Students should cultivate the feeling that they are working in isolation.

Intoxicants, Drugs and Tobacco

No drugs, alcohol, or other intoxicants should be brought to the site; this also applies to tranquilizers, sleeping pills, and all other sedatives. Those taking medicines or drugs on a doctor's prescription should notify the teacher. For the health and comfort of all students, smoking, chewing tobacco, and taking snuff are not permitted at the course.

Food

It is not possible to satisfy the special food preferences and requirements of all. Students are therefore kindly requested to make do with the simple local vegetarian meals provided. Morning we take brunch at 11 and evening after asana class at 5:30 p.m.. The course management endeavours to prepare a balanced, wholesome menu suitable for practicing yoga & meditation. If any students have been prescribed a special diet because of ill-health, they should inform the management at the time of application. Fasting is not permitted.

Laundry and Bathing

Students can use the laundry service in the GH. Small items can be hand-washed. Bathing and laundry may be done only in the break periods and not during practicing hours.

Course Finances

With the beginning of the course, the participant pays the course fee and the costs of accommodation / catering in cash Thai Baht, Euro or US Dollars or by bank transfer. The course fee will not be refunded if the participant cancels the course. Lodging and food can be paid back if the cancellation is justified (e.g. illness).

Course fee: Hosting: Total cost : | Deposit: | Balance:

Summary

To clarify the spirit behind the discipline and rules, they may be summarized as follows:

Take great care that your actions do not disturb anyone. Take no notice of distractions caused by others.

It may be that a student cannot understand the practical reasons for one or several of the above rules. Rather than allow negativity and doubt to develop, immediate clarification should be sought from the teacher.

It is only by taking a disciplined approach and by making maximum effort that a student can fully grasp the practice and benefit from it. The emphasis during the course is on work. A golden rule is to meditate as if one were alone, with one's mind turned inward, ignoring any inconveniences and distractions that one may encounter.

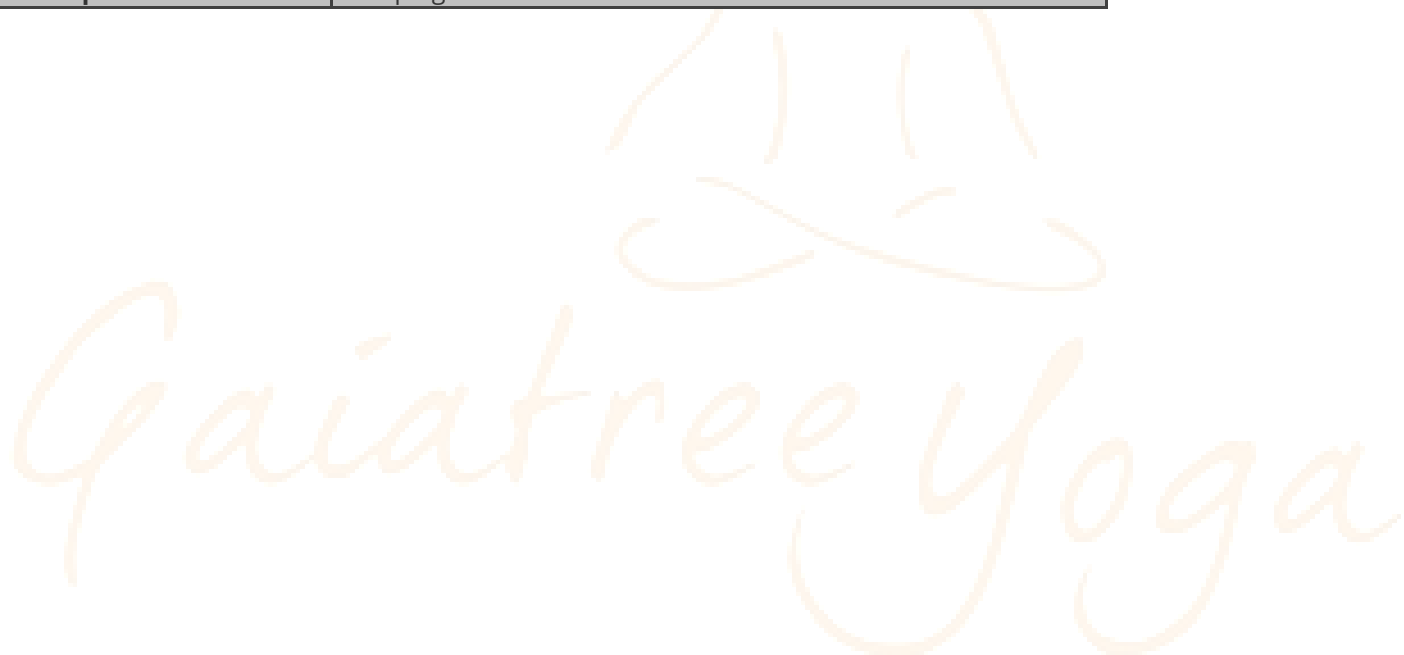
Finally, students should note that their progress in Sadhana (yoga, meditation) depends solely on their own good qualities and personal development and on five factors: earnest efforts, confidence, sincerity, health and wisdom.

May the above information help you to obtain maximum benefit from your time here. We are happy to have the opportunity to serve, and wish you peace and harmony from your experience.

THE COURSE TIMETABLE

The following timetable for the course has been designed to maintain the continuity of practice. It's the regular timetable from Monday till Saturday. Sunday is off. For best results students are advised to follow it as closely as possible.

6:00 am	Morning wake-up
6:30-7:30 am	Self practise/ preparation/ warming up
7:30-8:30 am	Morning Meditation
9:00-11:00 am	Pranayama/ asana class
11:00-12:00 am	Bruch/ Lunch/ Breakfast
12:00- 1:00 pm/ 2:30pm	Rest/ Lunch break/ bathing/ massages/ walking meditation/ teaching
1:00 -2:30 pm	Teaching for Yoga TTC and retreat
2:30-3:30 pm	Meditate
4:00-5:30 pm	Pranayama/ asana class
6:00-7:00 pm	Dinner
7:30-8:30 pm	Evening Meditation
8:30-9:00 pm	Consultation/ stories/ discuss/ question- answer/ bathing in hot spring
10:00 pm	Sleeping time



Gaiatree Yoga