

SIVANANDA ASHRAM YOGA FARM TTC

RULES

1. All classes and satsangs are mandatory.
2. No meat, fish, non prescription drugs, alcohol, tobacco, eggs, garlic or onions are allowed.
3. No candles, incense, fire or matches to be used anywhere on the ashram. Woodstoves and sauna to be opened and operated only by staff. The sauna is out of bounds after satsang.
4. No nudity (including in the sauna). Modest dress is required on ashram grounds at all times. Uniforms are to be worn during all satsangs, afternoon lectures and teaching classes. Uniform is not required during asana classes or for karma yoga.
5. Complete QUIET at meditation time, 6am-6.30am and 8pm-8.30pm. No walking around anywhere indoors or outdoors.
6. No noise in house after satsang / 10pm. Quiet throughout ashram after 10.30pm.
7. BATHROOMS connected to the kitchen are strictly off limits from 7am-10am and from 1pm-6pm. This applies to house residents also.
8. NO SHOWERS between 5.30am and 8am. Get up earlier if you prefer to shower in the morning.
9. Throw nothing in TOILETS but moderate amount of toilet paper (no tampons). Keep bathrooms clean and remove personal items. For hygiene purposes and in consideration of our neighbors, please ONLY use the bathroom facilities provided.
10. KITCHEN and kitchen facilities are always off limits except for staff and assigned karma yogis.
11. Between meal snacks and special diets/teas etc are available in the BOUTIQUE only.
12. No incoming or outgoing PERSONAL CALLS allowed using the ashram's phone lines even if you use phone cards. Please use only the pay phones on the West side of the reception building and advise your friends to call only on these lines (530) 272.0245 or (530) 272.0217 . Calling cards are available in the boutique. Incoming and outgoing mail boxes are in the Ananda Kutir (stamps for sale in Boutique). Sending and receiving EMAIL is possible via on the two public computers in reception. The computers are to be used only for necessary correspondence, being mindful of others needs to have access as well, and should not be used for downloading, surfing the Internet, or printing.
13. There is no direct access to the ashram's computer or phone lines.
14. Non staff-cars remain at the upper parking lot only. Please observe the 10mph speed limit on Ballantree Lane.
15. The land surrounding the ashram is private. Please note the limits of the ashram grounds and take care not to walk on our neighbours' property, including Ballantree Lane past the ashram entrance.
16. KARMA YOGA duties are non transferable. Please report to your department chief and be on time.
17. Please put your tent at designated locations only. Temporary shelter will be allotted for sleeping in case of emergency e.g. in case of heavy rain (separate for men and women).
18. No personal possessions in community areas.
19. I VOLUNTARILY participate in Yoga instruction at Sivananda Ashram Yoga Farm. I agree to report any restrictive physical disorders to the staff and teachers of the Sivananda Ashram Yoga Farm. I understand that there are inherent physical risks assumed by participation in this instruction and that the extent of my participation shall be left to my own good judgment and shall be entirely at my own risk and peril. I am responsible for my health insurance policy. By signing my name below I hereby release the Sivananda Ashram Yoga Farm and its agents from liability for any injury to my person or damage/loss to my property which may be incurred through my participation.
I have read and understand the above rules and will do my best to abide to the above.
20. The balance of payment is due upon arrival. I understand that there is a NO REFUND policy on this course.

NAME:

SIGNATURE:

DATE:

DRESS CODE:

Sivananda Ashram Yoga Farm is a traditional ashram. All are expected to observe the dress code. As a spiritual community, the focus is on personal development while minimizing the focus on external, physical appearance. The course is not a time to focus on appearances or to look for a mate or a partner. To encourage an internal focus, we ask that the following dress code be followed by male and female students:

- ☐ Keep shoulders covered (no bare sleeveless tops or tank tops)
- ☐ Neck-lines need to cover the chest (no low cut tops)
- ☐ Wear loose, comfortable clothing for movement and proper breathing (no tight fitting clothes)
- ☐ Make sure tops are long enough to tuck into the trousers (no bare midriffs)
- ☐ Wear loose trousers (no tights)
- ☐ Wear a modest bathing suit for the sauna and swimming (no bikinis)
- ☐ Knee-length shorts can be worn outside during karma yoga, but please do not wear shorts during asana class or during satsang
- ☐ No nudity

This dress code is to be followed at all times, even during your asana class and karma yoga (selfless service). You will be given 2 sets of teacher's training uniforms (yellow T-shirts and white trousers), which must be worn during your lectures and satsangs. Please do not modify your uniform by shortening T-shirts, removing sleeves, lowering the neck, making trousers into shorts, etc.

NAME:

SIGNATURE:

DATE: