

# SIVANANDA ASHRAM BEACON YOGA CENTRE

## RESIDENTIAL YOGA PROGRAM APPLICATION

**Please complete this form. All personal information provided will be treated confidentially.**

**Address: 151 South Street, Beaconsfield, Western Australia 6162. Phone 08 9335 9339**

**[www.sivanandashram.org.au](http://www.sivanandashram.org.au) Email: [info@sivanandaashram.org.au](mailto:info@sivanandaashram.org.au)**

### **OBJECTS OF THE ASSOCIATION**

The Integral Yoga Association of WA will:

- (a) Provide a spiritual environment with deep respect for Swami Venkatesananda's legacy and for each other;
- (b) Promote the knowledge, understanding and practice of Yoga;
- (c) Offer teachings in Integral Yoga;
- (d) Provide accommodation to visiting Swamis and Yoga Teachers/Masters;
- (e) Maintain, manage, and operate the premises currently known as the Sivananda Ashram and Beacon Yoga Centre at 151 South St, Beaconsfield, Western Australia;
- (f) Raise funds, maintain, and manage all assets acquired by and or used by the Association for the purposes outlined;
- (g) Maintain a library and promote the teachings of Swami Venkatesananda and Swami Sivananda;
- (h) To promote and carry out charitable work for the benefit of disadvantaged individuals, groups of people and organisations; and
- (i) To make donations of any kind to needy charitable purposes.

Sivananda Ashram Yoga Program offers a yogic lifestyle, to those who seek to live life with a deeper understanding of their true nature. It is essentially a spiritual program that directs the practitioner to find their true Self and to come to an understanding of the nature of existence. There is no requirement to follow any particular religion; yoga is the path of self-knowledge not an external belief system.

Our programme is not suited to those who are unable to commit to supporting and following the program.

You will receive your own comfortable, clean, fully furnished room with shared bathroom facilities. Spacious garden surroundings. Free access to a varied program of hatha yoga in our beautiful yoga hall. Access to our well stocked library of spiritual texts. Wholesome, lacto-vegetarian meals. A welcome into a working spiritual community.

We follow the way of Integral Yoga which includes Jnana (the yoga of right knowledge) Bhakti (the yoga of devotion) Karma (the yoga of selfless service) Hatha (the yoga of the body and breath) and Raja (meditation).

Sivananda Ashram is unable to accommodate those suffering from a current mental health diagnosis or coping with substance abuse issues or withdrawal. We have a strict policy of no alcohol, no smoking and no drugs on the premises, non-compliance will result in termination of your stay.

## CURRENT PROGRAMME SCHEDULE

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9.00pm – 7.30am	Mouna (Noble Silence)
6.30am – 7.30am	Guided Meditation – Monday to Friday
7.30am – 8.30am	Breakfast
12.30pm – 1.30pm	Lunch
5.30pm – 6.30pm	Dinner
7.00pm – 8.30pm	Evening Program
7.45am – 9.00am	Jnana Yoga Group - Sunday
6.30pm – 8.00pm	Kirtan Chanting - Sunday

### WHAT YOUR STAY REQUIRES OF YOU

- An attitude of kindness, receptivity and ahimsa or non-violence in word and deed.
- A min of 7 hours per week of karma yoga duties.
- A sincere commitment to attend and participate in the Ashram yoga program.
- Flexibility honesty and a sincere and responsible attitude to all tasks
- Attendance at 6.30am meditation is required
- A respectful attitude towards the teachings of Swami Sivananda and Swami Venkatesananda.
- Understanding of, and adherence to, the Ashram Code of Conduct.

### PAYMENTS:

The fee for the residential accommodation is \$310/wk. This is inclusive of meals, yoga class participation and karma yoga program. A refundable bond of \$100 is then payable.

If you are accepted as a long-term resident to show your good faith in the Ashram purposes we ask you to become friend member of the Sivananda Ashram costing \$60.00

### CIRCUMSTANCES UNDER WHICH YOU WILL BE ASKED TO LEAVE: (Any of the below)

1. If you are smoking on Ashram grounds or if there is any evidence of your smoking.
2. If you are taking non-prescription drugs or drinking alcohol or if there is any evidence of this.
3. If you are eating meat or keeping meat on the premises and evidence of this.
4. In the instance of disruptive or disrespectful behaviour towards other residents.
5. If there is disruptive or disrespectful behaviour towards any member of staff.
6. Evidence of unwillingness to negotiate karma yoga duties, into your schedule with the House Mother.

If you truly believe you have been asked to leave under inappropriate grounds, i.e., where there is no evidence of the above criteria being crossed, you may put your case, in writing, to the Ashram Board.

Surname

First Name

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Mobile

Email

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Female  Male  DOB:

Emergency Contact Details:

Surname

First Name

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Relationship

Mobile

Email

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What do you think is the purpose of an Ashram?

Why are you applying for the program at Sivananda Ashram?

Have you ever lived in a community before? Y If yes where?

N

What are your expectations of communal life? What will be the challenges? How will you manage them?

What is your understanding of karma yoga?

Do you have a spiritual practice?

Tell us about yourself including skills.

Do you have any chronic physical limitations or disability?

Do you have a current mental health diagnosis?

Do you have any outside work commitments?

I accept that continuation in this Sivananda Ashram program is at the discretion of the IYA Board and will be assessed on an ongoing basis. Two weeks notice can be given by either party. Rent is to be paid two weeks in advance by Bank Transfer. A refundable bond of \$100 is required with your initial payment.

I apply for acceptance in the Residential Yoga Program at the Sivananda Ashram.

I agree to abide by the IYA Ashram Code of Conduct and support its Objects.

How long would you like to stay?

Date of arrival

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Signature

Date

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**Please attach photo identification - Passport or drivers license**