

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

Email: 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 is for 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.

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).

If a resident is Covid 19 positive there are protocols in place to assist with a period of isolation please immediately notify the House Manager. Be prepared for isolation by discussing requirements with our House Manager on arrival.

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.

What You 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. A structured program of jnana, bhakti, hatha and karma Yoga and a morning meditation program (raja yoga).

CURRENT PROGRAMME SCHEDULE

(karma yoga is worked around this schedule and there is flexibility for work commitments)

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

What you are asked to give

An attitude of kindness, receptivity and ahimsa or non-violence in word and deed. A minimum 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 toward all tasks. Attendance at morning meditation is a must. Noble silence between the hours of 9pm and 7.30am. A respectful attitude toward the teachings of Swami Sivananda and Swami Venkatesananda. Adherence to the Ashram Code of Conduct [Click Here](#)

On receipt of a residential application form a meeting will be arranged to assess suitability. The rental fee is \$280 per week, during the first four week trial the room fee is \$330 per week. Bedding, towels, Ashram program, yoga classes and meals are included. All residents are required to have cooking skills to assist with meal preparation. On acceptance as a resident you will be required to become a friend/member of Sivananda Ashram at an annual cost of \$60 and a refundable bond of \$100 is required.

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?

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Why are you applying for the program at Sivananda Ashram?

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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?

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What is your understanding of karma yoga?

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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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