

Satyananda Yoga Integration Course



A course for Yoga Teachers to obtain a Satyananda Yoga Qualification

Application Form

Name:.....

Address.....
.....
.....

Telephone:

Mobile:.....

Email.....

With which school of yoga did you do your teacher training?
.....

Date of Qualification.....
.....

Do you teach regularly (how many classes per week)?
.....
.....
.....

Are you presently involved in any other training courses – yoga or otherwise?

.....
.....

Reasons for wishing to undertake this course

.....
.....
.....
.....

Who is your regular Satyananda Yoga Teacher?

.....
.....
.....

1) How long have you been regularly attending classes with this Satyananda Yoga teacher?

.....
.....

2) May we take references from her/him?

.....
.....

I confirm that:

I have read and understood the Course information

Signed.....Date.....

Please enclose with Application Form:

- 1) A copy of your Yoga Teaching Diploma or Certificate
- 2) The TTC syllabus which was in force at the time training was undertaken
- 3) Details of courses, day/ weekend seminars, retreats you have attended, any seminars you have run etc.

Please complete attached enrolment form and send with your payment to: **Swami Vedantananda Saraswati, Poio Do Acor, Alturas Das Corchas, CCI No. 969, 8550-207, Monchique, Algarve, Portugal.** For further details please contact Swami Vedantananda at the above address or by telephone: +351964047369

Accommodation: The accommodation is basic and shared. Sleeping areas range from caravans, wooden cabin, rustic shelters, to more permanent structures. Showers will mainly be shower bags and the toilets are compost toilets. This is not 3 star accommodation nor for the faint-hearted. Bedding will be supplied, please bring your own towel. Camping in tents is also an option. Food will be vegetarian.

What to bring: Ecological washing products only, torch, sensible shoes, mosquito repellent, sun protection cream, sunhat and glasses, neti pot and mala (if you have), a range of clothing to suit all weathers, including light waterproofs, a warm fleece or jumper and swimming gear.

The venue: Poio do Acor is a remote and rustic retreat space with wonderful views of the soft rolling mountains of the Monchique Serra. It is the perfect environment for reflection and deepening of one's self practice and to re-connect with nature. **NB:** It will be **HOT** in August. As the area is mountainous it is steep in places. Some walkways are along terraces are narrow and can be slippery when wet. Be prepared to consider the experience an adventure with nature. Poio do Acor operates solely on solar power so there will be no chance to charge electronic games or computers, use hairdryers or kettles so please do not bring.

If you wish to make your own travel arrangements from and back to Faro please indicate on the booking form. Faro airport is about one and a half hours and Lisbon is about three hours from the venue by car, please allow much more time if travelling by public transport. If making your own arrangements the meeting point will be Monchique Tourist Information Office at 3.00pm.