

Important Acknowledgements and Acceptance of the Rules & Regulations at the Ashram and Online Course:

Before applying to any of our Yoga Teacher Training programs please **read with attention all the information published in this document.**

Please also study carefully the complete **Course Syllabus** and be aware of the following **Rules & Regulations**:

- The applicants should NOT join the program only interested in acquiring a Yoga certification;
- The applicants should be aware that the main objective of the course is to provide opportunity for development of self-knowledge and Yogic expertise through the following of a good routine and self-discipline, besides the understanding of Yoga philosophy & techniques;
- Yoga Education is not a conventional type of education or learning. Introversion, self-awareness and meditative practices are encouraged throughout the course;
- Our Yoga programs have no religious approach. However the applicants should be aware that Yoga is a heritage of Indian culture & Vedic tradition. It is integral part of the course, the study of Indian scriptures of religious-philosophical nature (like the Bhagavad Gita, etc) along with the chanting of Vedic mantras and the study and memorization of Sanskrit vocabulary;
- Trainees are requested to maintain a Yogic atmosphere of sincerity and positivity;
- Meat of any kind, sea food, egg, tobacco, illicit drugs, alcoholic drinks, coffee and black tea are under no circumstances allowed during the course;
- Attendance to all classes is compulsory. Trainees should follow the time-table and complete the assignments with the necessary discipline and dedication;
- Participants with overt emotional and mentally anxious condition or with indulgent and uninhibited behaviour may be asked to discontinue the course at any time;
- The Academy reserves the right, to return or not, in part or otherwise the course fees. Please refer to our Payment & Refund Policy before joining the course;
- These are essential acknowledgements to participate in any of our Yoga programs.

❖ **The following are the guidelines and ground rules for WYLA online sessions.**

1. Keep the video on throughout the lecture. This helps promote ease of communication and transparency.
2. Stay on mute during the session unless you are speaking.
3. No small shorts, sleeveless, off shoulder or any attire that is revealing. Dress appropriately in order to set a learning environment keeping in mind that it is a multi ethnic international group.
4. Please maintain an appropriate posture through the session. Slouching, sitting with open legs, etc should be avoided. Sit in Sukhasana or a neat posture with a straight back unless asked otherwise. Kindly keep a positive and enthusiastic presence.
5. Respect other people's opinions and viewpoints. It is ok to disagree.
6. Use of foul language and condescending remarks is a complete no. Respect for everyone is important.
7. No eating and drinking anything except water during the sessions. Please keep water ready next to you.
8. Find an isolated place for the session so that you are not disturbed during the session. Also keep your phone away and in silent mode.
9. Be responsive to the group What's app for exchange of important updates and news pertaining to the course.
10. Keep a journal, notebook, pens ready for taking notes.
11. Course Material would be provided according to the class if needed. But participants are requested to take their own notes.
12. Recordings will be provided within 30 mins to 60 mins after the class.
13. Smiles, greetings, happiness always welcomed on Zoom!