



# Spirit of India (NSW) Inc.

Admission Form

Batch No

Amount Paid \$ \_\_\_\_\_

Mode: Direct deposit/ Chq /Paypal / Cash

Receipt No: \_\_\_\_\_

Cat: New /Cons / Practise /Child

Official Record to be filled by Volunteer

Yoga Course Centre: Regular (Two Hours Session)  Ryde  Wenty  Quakers Hill  Epping  
Practise Session (One Hour Session)  Wenty  Epping **15<sup>th</sup> Year of Australian Operations**  
Childrens Yoga (One Hour Session)  Wenty  Quakers Hill  Pennant Hill  
Senior Yoga Free (One Hour Session)  Epping  Auburn  Pennant Hill (Fri)  Homebush  Pennant Hill (Sun)

Email: [spiritofindia2002@yahoo.com](mailto:spiritofindia2002@yahoo.com) Web: [www.spiritofindia.org](http://www.spiritofindia.org) **Not for Profit Organization**  
Ambika HathaYoga Program in Association with "Ambika Yoga Kutir" Charity Trust, Thane Mumbai, India

Name of Applicant: Mr/Miss/Mrs \_\_\_\_\_  
(Please Write in **CAPITAL**) (First Name in **CAPITAL**) (Last Name in **CAPITAL**)

Age Group , a. 12-16 b. 17-21, c. 22-30, d. 31-40, e. 41-50, f. 51-60, g. 61- 70 h. 71 & above

Profession: \_\_\_\_\_ Sex: M / F Weight \_\_\_\_\_ Kg Height \_\_\_\_\_ cms.  
(This will help us in prescribing Proper regimen)

**Address:**

**Office:**

**Residence:**

Email (W) \_\_\_\_\_ Email ( R ) \_\_\_\_\_

Your Email Address shall help us giving support during the course and afterward . Please write in **CAPITAL** Letters)

Tel (W): \_\_\_\_\_ Tel (R): \_\_\_\_\_ (Mobile) \_\_\_\_\_

I hereby declare that I **possess good health** and have no indication of any ailment  Yes  No

**If NO**

**Medical / Physical Conditions:** Please write down any medical conditions you have such as but not limited to Asthma, Hay Fever, Low B P, High BP, Back ache, Migraine, Diabetics, Arthritis etc. any recent operation or delivery or current Pregnancy. **There may be some restrictions on Yogic Kriya, Exercise or Asana.** Please talk to your teacher before start of Yoga classes In severe cases we may ask for medical certificate.

Please write short description of Medical / Physical condition and since when? If space is inadequate then attach extra sheets. **Please discuss your medical / physical condition with teacher, we may assist / GUIDE you**

I **voluntarily** take part in "**Yoga and its effect monitoring System**" as and when implemented in class  
(Only for those students, who have certain medical ailment/ condition)  YES  NO

**Disclaimer:** Please note that Yoga is not substitute for medication and surgery. If you have any existing medical / mental / physical conditions, please consult to your Doctor about suitability of Yogic regimen. Normally Yogic Exercises improve general health and immunity and overall improved performance in Physical fitness, Mental Peace and Spirituality. Many common Ailments either controlled, managed or even cured or increased resistance to recurrence to those who follow **regular** yogic exercise while in course and afterward. But however Organisers of this course cannot give guarantee because every individual is different. We advise you that if you are under medical advice please follow your doctor's instructions. Organisers, sponsors or their volunteers, teacher or any staff member will not be personally or severally responsible for any damages or loss in what so ever in nature.

**Courses:**

"**Ambika Yoga Seva Kendra**" is charitable trust in India and has devised various courses for benefit of community and tens of thousands have been benefited.

"**Spirit of India (NSW) Inc.**" is **not for profit organization**, which conducts above courses at different places and different time for benefit of Australian community.

1. Basic course is suitable for any Individual age group of 12 to 75 years of age who are healthy and can take light strain of yogic Kriya (Exercise). Parents /Guardian must sign for minor students **Please Turn over page**

2. Advance course and Practice sessions are only for individuals who have successfully completed, Basic course and practice for considerable time and for serious learner
3. Our Aim is to provide course at affordable cost. Any hand out; books, tools and accessories are supplied with extra nominal charges.
4. ***We welcome individuals who would like to volunteer their services for this noble cause.***
5. ***We welcome generous donation and other assistance (promotion of our activities, working as volunteers & technological support) to continue these activities forever for benefit of community.***
6. ***We work for community, by arranging lectures of experts, run various projects in Australia and abroad for service to humanity. Your active participation in various projects shall be highly appreciated.***

#### Admission Criteria

1. ***Each participant has to fill this form separately and sign before admission. For minors GUARDIAN to sign***
2. Admission is given to age group of 12 to 75 years for Regular Yoga course on first come first serve basis and limited to class size. Your enrolment is reserved only after confirmation from management stating centre and date of course. And any applicable fee is paid or arranged in advance.
3. Children age group of 5 years to 13 years may be admitted to Children's Yoga. This is unique combination of Yoga and personality development. Parents must sign on behalf of student. It is parent's responsibility to bring Children at venue and collect back in time.
4. We run specialized Yoga centres for **seniors free of cost**. Seniors are requested to write their health condition on admission form supplied
5. All students must arrive in time for class and maintain peace in classroom.
6. No alcohol, drug, smoking and chewing gums are permitted inside hall
7. If anybody found under influence of drug or Alcohol will be asked to leave premises immediately
8. Please follow necessary dress code
9. Please keep your shoes outside Yoga hall at specified place, for hygienic and cleanliness reason
10. **All Participants are requested to bring Yoga mat, small towel with them in Yoga class every time. A water bottle is advisable for your comfort.**
11. Participants are requested to follow strict discipline on venue in case of difficulty please ask to Teacher or Volunteers.
12. Car parking: Please follow local regulation and do not park in such a way to obstruct other vehicle or passageway.
13. Management reserve the right to refuse admission to anybody without assigning any reason.
14. Management reserve the right to postpone or cancel any of Yoga class due to unavoidable circumstances beyond control
15. Admission to yoga centre may be transfer to other centre for students convenience with prior approval from management, however admission is not transferred to other person as replacement.

#### Dress Code:

**Gents:** Loose tee shirt and track pant and jacket if necessary (**Short pant or Jean pant is not allowed**)

**Ladies:** Loose Tee Shirt and Track pant, or Punjabi dress and jacket if necessary  
(Miniskirt, singlet, skirt or night gown are not permitted on venue)

Tight jean pants are not allowed as it obstructs yogic Kriya and Asana. Tee shirts with Offending scenes or comments are not allowed to maintain sanctity of Yoga

**Privacy Statement:** Information collected on this form will be used for the purpose it is collected and not issued to any one without your permission. This information can also be used for any support you need during course and afterward. Also for your Yoga regime and promotional activity of organization and new projects conducted.

**Note:** *Yoga is basically control over body and then over mind. Regular practice will achieve this. Yoga is not competition; please do not compare your performance with others. Every individual is different and as such their body. Regular practice and commitment to yourself will achieve your goal of Good health, spiritual progress and mental peace.*

**Acknowledgement:** The participant acknowledges that they

1. Participate in the activities at their own risk.
2. Voluntarily assume all inherent and obvious risks involved in the activities.
3. Waive their rights to sue (the provider) its servants, agents and contractors for losses relating to their personal injury or death arising from their participation in the activities and
4. Have read and understood the risk warning, rules & regulations, the disclaimer and this acknowledgement.

I (Name) \_\_\_\_\_ of (Place) \_\_\_\_\_  
(Name of Applicant or Guardian if under 16 years of age)

I declare herewith that, information provided by me/us is true. I / we read above Terms and Conditions, and follow all the rules and regulation along with any instructions provided in class or in the class notes.

Signed \_\_\_\_\_ Date \_\_\_\_\_ Place \_\_\_\_\_

PI. Note that we do not have arrangement of children's care, Please make your own Arrangement for.  
(Children under 16 years of age participating in Yoga activities must be accompanied by parents or guardian)

**How did you hear from us ?**  Friend  Doctor  Website  Newspaper  Flyer