

Intensive Course –Yoga for Stress

Dates: June 24th — July 6th 2010

Location: HIYC – Dharamkot, Dharamsala

Description

Modern life can be quite straining. Today, more than half the world population lives in cities, where stressors like pollution, noise and traffic are present. With so many people spending increasing amounts of time in front of computers, neck and back problems are no more exclusive to office-bound workers. The current fast-paced lifestyle which many of us lead has a negative impact on our physical and mental health, leaving us vulnerable for ailments such as lower back pain, stiffness of the neck and shoulders, hypertension, anxiety and depression. Daily yoga practice helps prevent many of these conditions, as well as alleviating and curing them. Yoga brings us back in contact and harmony with our inner and outer nature. This course sheds light on how to integrate yoga practice into our often busy and hectic schedules, in order to learn how to be healthy and happy, despite external stressors.

The Program

Course duration: 14 days

Meeting - The meeting takes place on the evening before the course starts and is compulsory for all participants. The program and the exact schedule will be introduced, jobs will be distributed and all questions will be clarified.

Course Schedule - The course will start with a pooja and a purification practice.

Schedule Day 1 to 6

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| 6.30 to 8.15 am | - | Pooja (Prayers) and Pranayama |
| 8.15 to 8.45 am | - | Refreshments |
| 8.45 to 12.45 pm | - | Asana class |
| 1.00 pm | - | Lunch |
| 2.30 to 4.30 pm | - | Talks twice a week |
| 4.30 to 5.00 pm | - | Yoga Therapy (except on the 6th day) |
| 5.00 to 6.30 pm | - | Relaxing Asana class (obligatory practice without the teacher) |
| 7.30 pm | - | Dinner |

Please note that Lunch and dinner are compulsory.

Schedule Day 7

This day shall be free for everybody. However it is compulsory for all participants to collectively practice the Pranayama (the time can be decided the day before) without the teacher. No lunch or dinner will be served..

Requirements for Participation

Listed below are the requirements which students have to comply with in preparation for the course:

- Completion of at least 3 weeks of training or completion of several courses with Sharat in consecutive years. Daily practice of Sharat's style of Hatha Yoga is an absolutely indispensable prerequisite.
- Every participant should adapt a daily rhythm according to the course schedule already 3 weeks before the beginning of the course. That means moderation in terms of diet and establishing a sleeping pattern according to the course schedule so that adapting to the rhythm of the program is made easier.
- Students are strongly encouraged to rid themselves of any addictions at least a few months prior to the commencement of the course so that they are not suffering from any withdrawal symptoms during the course.
- Every participant must arrive at least one week prior to the beginning of the course in order to adapt to the climate and to prepare in the regular (5 day) courses for the intense practice during the intensive course.
- Pregnant women have to inform us before the course starts and if unsure to talk to Sharat.
- Applicants may be called upon to have a personal meeting with Sharat.
- Every applicant will have to fill and sign a form stating their agreement with the requirements, the code of conduct and the terms and conditions of payment. A photograph is to be attached.

The above requirements serve to keep our intensive courses open to those Yoga students who have a true and genuine interest in personal growth and transformation. We are thus trying to create a situation free of disturbance, which allows for complete dedication and devotion to the present moment, so that all participants get a chance to imbue their Yoga practice with spiritual depth.

Code of Conduct

Listed below are the rules and regulations which students have to commit themselves to for the smooth functioning of the course:

- This course is a non-residential retreat which requires complete dedication as much on the teacher's part as on every student's. Therefore it is recommended that students live as close as possible to the yoga centre to minimize the opportunities for external distractions. In this regard students should not actively seek external stimuli or participate in activities not connected with Yoga. Everybody should arrange to get anything they might need for the duration of the course prior to its beginning, at the latest during the week before. With respect to reading, students are encouraged to read only books on Yoga. A small library / book exchange can be created for this purpose.
- This course requires the student's utmost dedication and openness to his own personal growth, which means readiness for change and transformation.
- The students are expected to devote themselves entirely to the course giving undivided attention and presence during class, complete trust in the teacher and the teaching is required. Even if the student does not feel well it is essential to attend the classes every day.
- Students are expected to be punctual for all sessions during the course.
- The students are expected to be moderate in terms of the amount of food they eat and any intake of food apart from the 2 main meals is to be strictly avoided – everybody should be aware that overeating is detrimental

to the program of the course. Also it is recommended to use the afternoon break to rest and to go to bed early in the evening as to ensure full presence in class.

- During the course each participant is to suspend any personal spiritual practice and concentrate only on the practice being taught on this course.
- Positive criticism is welcome as to enhance the quality of learning and exploration, Inclusive all outer centre activities.
- For the smooth functioning of the course it is required that each participant takes on necessary tasks, which may occupy up to 1 hour per day.
- Each participant is on his own, experiencing his own process, and should be aware of his thoughts, speech, and actions. Couples participating in the course may continue to share their accommodation; they should, however, avoid interrupting one another's individual process.
- No drugs (with the exception of tea) are to be consumed during the intensive. In this regard the term "drug" is to be understood as including illicit drugs as well as alcohol, cigarettes and other stimulants such as coffee. Participants are encouraged to drop their habits 3-4 weeks prior to the course so that no withdrawal symptoms are felt during the course.
- The outer environment cannot be controlled and so tolerance is requested as far as disturbances from children etc. is concerned. Terms and Conditions of Payment

Deposit - A deposit of Rs. 10.000 is to be paid to secure a place – it should only be paid if the student is sure to be able to comply with the course requirements, the code of conduct and the terms and conditions of payment.

Full payment - The remaining course fee has to be paid 1 week prior to the beginning of the course.

It should be understood fully that money once deposited is not refundable except if the participant

- Informs us 3 months prior to the beginning of the course.
- gets seriously sick or injured. A medical certificate is required.
- has to leave to his/her home country due to personal extreme cases.
- is being excluded from the course due to not fulfilling the requirements, the code of conduct or the terms and conditions of payment.

In these cases the refund will be reduced by the amount of Rps.1200 for covering the centres administrative expenses if the applicant resigns from the course prior to its beginning.

In case the applicant resigns during the course the refund will be reduced by the amount of money, which equals to the days, which have been taken on the course and Rps. 1200 for covering the centres administrative expenses, If the applicant resigns due to other reasons no refund is possible.

Please note and understand fully that we reserve the right to

- Undertake short-term changes in the program of the course.
- Make exceptions in the above procedure in individual cases.
- Change the price according to circumstances that are not in our control
- EXclude people from the course who are not following the above conditions and would therefore be a disturbance.