



HIYC Immersion Courses (Terms and Conditions of Payment; Requirements for Participation; Code of Conduct)

Terms and Conditions of Payment

Full course fee and deposit amount are available upon consultation by emailing info@hiyogacentre.com.

The course requires a deposit to secure the booking. The deposit is **NON-REFUNDABLE** however it can be transferred to any other Yoga Course at the HIYC and used within one year from the date of the ending day of the originally booked course.

Full payment for the Course is to be submitted upon arrival to the Centre/Ashram and before the course begins.

The rest of the course fee is refundable if the participant:

- Gets seriously sick (then a medical certificate of hospitalisation is required)
- Has been excluded from participation in the Course, due to not adhering to the Requirements for Participation, Code of Conduct, or the Terms and Conditions of Payment.

If cash has been paid then no administrative charge is taken. If a card or bank transaction has been made then we will deduct an administrative fee of 30%, which includes tax at 18% and 12% administrative charges.

In the event that the participant has to leave during the Course due to any of the 2 above points, the refunded amount will only include the cost of the days not participated in the Course.

If the applicant resigns due to any other reason, no refund is possible.

Students should pay for their course only if they are certain of their ability to comply with the course Requirements for Participation, the Code of Conduct, as well as the Terms and Conditions of Payment. (See below)

Requirements for Participation

Listed below are the requirements, with which students have to comply in preparation for the course. They serve to keep the Immersion Courses open to those Yoga students with a true and genuine interest in personal growth and transformation, and facilitating other's individual journey.

- Completion of at least 3 weeks of 5-Day Courses, or a Special 9-Day Course at the Himalayan Iyengar Yoga Centre before the course begins.
- If you have already done 5-Day Courses in the past it is recommended to do at least 1 week before the Immersion Course starts, or the final 2 days of the 9-Day Course. In this case a daily practice of Master Teacher Sharat Arora style of Hatha Yoga is an absolutely indispensable prerequisite.
- Every participant should adapt a daily rhythm according to the Immersion Course schedule 3 weeks before it begins. This 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 such as tobacco, coffee and other drugs a few months prior to the start of the program, in order to prevent suffering from withdrawal symptoms during the duration of the Course.
- Pregnant women must inform us of their status before the course commences and speak with Sharat about any concerns.
- Applicants may be called upon to have a personal meeting with Sharat.
- Every applicant is required to complete and sign a form, stating their agreement with the Course Requirements for Participation, Code of Conduct, as well as the Terms and Conditions of Payment. A Xerox copy of the student's passport as well as the visa will be attached to this form.
- Students must **arrive the day before the course starts** and be present at the obligatory introductory meeting taking place at 5pm on that day.

Through these requirements we aim to create a situation free of disturbance, which allows for complete dedication and devotion to the present moment, so that all participants have the opportunity to imbue their Yoga practice with spiritual depth.

Code of Conduct

Listed below are the rules and regulations, to which students must commit for the smooth functioning of the Immersion Course:

- The Immersion Course requires complete dedication, both on the part of the teacher and on the part of every student. Therefore for the 3 weeks duration of the Immersion Courses students are obliged to remain on the premises of the Ashram. Students should not either actively seek external stimuli or participate in activities not connected with the instructions of the teacher. Prior to the start of the program, students will arrange to obtain everything they may need for the duration of the Immersion Course. All electronic devices, like phones, tablets, computers, cameras, music players etc, as well as books, will be collected from all the student and given back on the last day of the Retreat. With respect to notebooks, students are allowed to only make notes regarding to the practice as learnt on the Immersion Course. With respect to reading, students are to read only the material provided, if any, by the teacher.
- Participants are not allowed to talk with each other verbally nor maintain any other communication like trying to catch someone else's eye sight or touch each other. It has been observed over the years that students benefit much more from the Immersion Courses when they remain quiet and keep their energy directed inwards. To grow the Awareness of Oneself - the students must pull their energies within.
- The Yoga Master Teacher and the Assistant Teachers will be giving the instructions during classes. The Students are allowed to ask the questions to the Teacher during classes regarding the practice.
- If participants have any emergencies the Ashram manager can be talked to quietly in the Ashram office.
- The Course requires the student's utmost dedication and openness to his/her own personal growth, which means readiness for change and transformation.

- 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 method are required. In the event the student feels unwell, it is still essential to attend all classes everyday.
- Students are expected to be punctual for all sessions during the duration of the Course.
- Students should be moderate in terms of the amount of food they eat. Any intake of food apart from the two main meals provided by the Centre is to be strictly avoided; one should be aware that overeating is detrimental to the program and purpose of the Course. It is also recommended that the afternoon break be utilized to rest and that students go to sleep early in the evening, to ensure full presence in class.
- During the Course, each participant is required to suspend any personal spiritual practice and to concentrate only and fully on the practice being taught during the Course.
- For the smooth functioning of the Immersion Course, each participant is required to take on necessary tasks that contribute to the work of the Centre. These tasks - or Karma Yoga – should not occupy more than 30 minutes per day.
- Each participant is experiencing their own processes as an individual, and should be completely aware of his/her thoughts, speech, and actions. Couples participating in the course may continue to share their accommodation; they should, however, avoid interrupting one another's individual processes. If one partner is not a participant, then a couple is required to separate for the duration of the Course.
- With the exception of tea, no drugs are to be consumed during the Immersion Course. The term "drug" not only refers to illicit drugs, but also to alcohol, cigarettes and other stimulants (such as coffee) as well. Participants are encouraged to drop their habits at least 3-4 weeks prior to the start of the Course, to avoid experiencing withdrawal symptoms during the program.
- The environment outside the Centre cannot be controlled. Tolerance of external disturbances, on the part of students, is requested.

Disclaimer:

Please note and understand that we reserve the right to;

- Undertake short-term changes in the program & structure of the Course
- Make exceptions to the above procedure in individual cases
- Change the price of Courses according to circumstances that are beyond our control
- Exclude people from the Course who do not adhere to the above conditions, and who would therefore be a disturbance.



Himalayan Iyengar Yoga Centre (HIYC)

Village Dharamkot, Dharamsala 176219, Himachal Pradesh, North India

Winter Centre : Madhlo Vaddo, Arambol, North Goa 403524

Please visit our websites: www.hiyogacentre.com and www.himalayashantiashram.org

Join us on our [Facebook Page](#) & [Facebook Group](#)

| [Facebook](#) | [Twitter](#) | [Youtube](#) | [LinkedIn](#) | [Instagram](#)

