



HIYC Yoga and Meditation Silent Retreat (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 participants have to comply in preparation for the course. They serve to keep the course open to those Yoga and Meditation students with a true and genuine interest in personal growth and transformation, so that all participants have optimal conditions for their individual journey.

- Every participant should adapt a daily rhythm according to the course schedule 1 week 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 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 the teacher about any concerns.
- Applicants may be called upon to have a personal meeting with the teacher.
- Every applicant is required to complete and sign a form, stating their agreement with the Course Requirements, Code of Conduct, as well as the Terms and Conditions of Payment. A photocopy of the passport and visa will be attached to this form.
- The Retreat requires complete dedication, both on the part of the teacher and on the part of every student. Therefore for the 12 days duration of the Silent Retreat the students are obliged to remain on the premises of the Ashram. In this regard, the 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 Retreat. All the electronic devices, like phones, tablets, computers, 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 yoga and meditation practice as learnt on the Silent Retreat.

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 and Meditation 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 course.

- Students are expected to devote themselves entirely to the course, giving undivided attention and presence during classes. 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 each day.
- Students are expected to be punctual for all sessions during the duration of the course.
- Participants must observe silence throughout the course including verbal and non-verbal (body language, written notes, etc) forms of communication. This also includes outside communication, except with the consent of the teacher in the case of an emergency. Therefore cell phones, computers, etc are not allowed throughout the duration of the course. Communication between students and teacher during the yoga class is permitted, as well as with the managerial staff when needed.
- Participants are not permitted to leave the ashram once the course starts, except with the consent of the teacher.
- The environment outside the Ashram cannot be controlled. Tolerance of external disturbances, on the part of students, is requested.
- The course requires the student's utmost dedication and openness to his/her own personal growth, which means readiness for change and transformation.
- 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 Ashram 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 this course, each participant is required to take on necessary tasks that contribute to the work of the Ashram. These tasks - called Karma Yoga - may occupy up to thirty 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, couples are required to separate during the duration of the course.
- Physical contact between participants or between any persons is not permitted.

- With the exception of tea, no drugs are to be consumed during the course. The term "drug" not only refers to illicit drugs, but 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 Ashram 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.



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

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