

# VASUDEVA KRIYA YOGA



Rowville / Mulgrave / Camberwell / Doncaster / Monash University

Web: [www.vasudevakriyayoga.com](http://www.vasudevakriyayoga.com) Email: [vasudevakriyayoga@gmail.com](mailto:vasudevakriyayoga@gmail.com)

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## ADMISSION FORM

Name:

Gender: M / F Weight \_\_\_\_\_ Kg Height \_\_\_\_\_ cms Age: \_\_\_\_\_

### Home Address

Street No: \_\_\_\_\_ Street: \_\_\_\_\_

Suburb: \_\_\_\_\_ Post code: \_\_\_\_\_ Phone: \_\_\_\_\_

Mobile:  Email:

**Medical / Physical Conditions:** Please write down any medical conditions you have such as but not limited to Asthma, Hay Fever, Low Blood Pressure, High BP, Back ache, Migraine, Diabetics, any recent operation or delivery or current Pregnancy. There may apply some restrictions on Yogic Exercise or Asana. Please talk to your teacher before the start of Yoga classes.

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

**Yes / No**

If **NO** Please write short description of Medical / Physical condition and since when (If space is inadequate then please attach extra sheets)

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### Course :

"Vasudeva Kriya Yoga" is not for profit organization, which conducts above courses at different places for benefit of Australian community

- Basic course is suitable for any Individual age group of 16 to 75 years of age who are healthy and can take light strain of yogic Kriya (process) and Asana (postures)
- Advance course only for individuals who has successfully completed, Basic course and practice for at least two years and for serious learner
- Our aim is to provide course at affordable cost. Any hand outs, books, tools and accessories are supplied with extra nominal charge.
- We welcome individuals who would like to volunteer their services for this noble cause.
- We welcome generous donation and other assistance to continue these activities forever for benefit of community.

### Admission Criteria:

- Each participant has to fill this form separately and sign before admission.
- Admission is given to age group of 12 to 75 years 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.

3. All students must arrive in time for class and maintain peace in classroom.
4. No alcohol, drug, smoking and chewing gums are permitted inside hall
5. If anybody found under influence of drug or Alcohol will be asked to leave premises immediately
6. Please follow necessary dress code
7. Please keep your shoes outside Yoga hall at specified place, for hygienic and cleanliness reason
8. 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.
9. Participants are requested to follow strict discipline on venue in case of difficulty please ask to Teacher or Volunteers.
10. Management reserve right to refuse admission to anybody without assigning any reason.
11. Management reserve the right to postpone or cancel any of Yoga class due to unavoidable circumstances beyond control.
12. Management reserve right to use class photograph/video for promotional purpose as and when required.



**Dress Code:**

**Gents:** Loose tee shirt and half pant, track pant and jacket if necessary

**Ladies:** Loose Tee Shirt and Track pant, or Punjabi dress and jacket if necessary

**Note:** Tight jean pants are not recommended as it obstructs yogic Kriya, Tee shirts with offending scenes or comments are not allowed to maintain sanctity of Yoga

Yoga is basically control over mind and then over body. Regular practice will achieve this. Yoga is not a 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.

Information collected on this form will be used for only the purpose it is collected and not issued to any one without permission. This information can also be used for any support you need afterward for your Yoga regime and promotional activity of organization.

Disclaimer: Please note that Yoga is not substitute for medication and surgery. If you have any existing medical conditions please refer 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 are either cured or resistance to recurrence is increased to those who follow regular exercise while in course and or afterward. But however organisers of this class 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 what so ever.

**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
4. Have read and understood the risk warning, rules & regulations, the disclaimer and this acknowledgement.

I (Name) \_\_\_\_\_ declare herewith that, information provided by me is true. I read above terms and conditions and follow all rules and regulation and any instructions provided in class. I am joining Yoga class voluntarily and shall be committed to practice regularly for maximum benefits of Yoga.

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

**Office Use:**

Centre \_\_\_\_\_ Start date \_\_\_\_\_ Sign \_\_\_\_\_ Dt . \_\_\_\_\_

Comments \_\_\_\_\_ (Yoga Teacher)