



COURSE HANDBOOK 2014

Version 14.1

Diploma of Satyananda Yoga Training

SATYANANDA YOGA ACADEMY

Australian National Provider No: 90879

Course National Code: 91462NSW

ABN 12-075-357-818



Diploma of Satyananda Yoga Training

National Code: 91462NSW

Diploma course modules are conducted at:

SATYANANDA YOGA ACADEMY - MANGROVE

300 Mangrove Creek Rd

Mangrove Creek NSW 2250

Australia

Phone: 61(0)2 4377 1171

Fax: 61(0)2 4377 1219

Email: education@satyananda.net

Website: www.satyananda.net

and

SATYANANDA YOGA ACADEMY - ROCKLYN

393 Dean-Barkstead Rd

Rocklyn VIC 3364

Australia

Phone: 61(0)3 5345 7434

Fax: 61(0)3 5345 7566

Email: yogarock@satyananda.net

Website: www.yogavic.org.au

The information in this Handbook remains the intellectual property of Satyananda Yoga Academy and cannot be sold, copied or passed along for whatever reason. No part of the material provided may be reproduced or used in any form or by any means graphic, electronic or mechanical without written permission from Satyananda Yoga Academy.

Satyananda Yoga®, Bihar Yoga®, Satyananda Yoga Nidra® and Antar Mouna™ are trademarks of IYFM used under licence.

File Name: Sya Course Handbook 2013 Version 14.1

SATYANANDA YOGA ACADEMY

Course Handbook 2014

What's New . . .

The following is a list of notable changes that have occurred since previous editions. Please read the referenced sections for more information.

- The Academy is in the process of applying for re-accreditation of the Diploma, with some changes to take place from 2014. See **Re-accreditation Notice** at the top of page 6 for information.
- The above changes will also have significant effects on the current bridging requirements. See Section 8 for information.
- A new book has been added to the list of required texts but at this stage will only be needed by new YS1 students. See section 6.3 for details..
- There has been a change to the accommodation options for heavy snorers who cannot share a room. Please contact the ashram for details.
- Fees for Yogic Studies students who wish to camp during the module Residential will now be the same as for Arunachala, the cheapest accommodation option. (See fee table in Section 12.1)
- A First Aid training weekend will be offered only once in 2014, and on the weekend immediately preceding the start of YS4, 25th to 27th July 2014. (See Section 11.1). Students who enrol in this First Aid weekend and then stay on for YS4, which commences 30th July, will not be charged for the additional nights between 27th and 30th July. Instead these can be considered as extra free Student Days for such students.
- Please see Section 11 for **all relevant dates** – module commencements and Residential periods; due dates for applications, etc.
- Please see Section 12 for **all 2014 module fees**. These are laid out in the fee table at the bottom of page 25, which also states the **deposit required** with each module's enrolment application. Note that only the fees for modules YS2 and YS3 will rise in price in 2014.

New from previous edition:

- The Yogic Living Immersion option for extended residential stays at Mangrove Ashram has been discontinued and replaced by a number of alternative options. Similar changes have been made to the options for Rocklyn Ashram. Please see section 9.2 for a full description.
- Student Transport Concession cards can be issued during the module Residential period for Australian students who are resident in either NSW or the ACT, and these are no longer restricted according to employment or income status. (Section 21.3).
- New students please be aware that the due date for enrolment applications to be submitted is, for every module, by **no later than 30 days prior to commencement**.
- See section 6.3 for list of **required texts** for all Yogic Studies modules. The ISBN numbers are now included, in case that is helpful for sourcing the texts elsewhere.
- New students should be aware that all enrolment confirmations and preparatory reading instructions etc for before you come for your module will be sent to your email address, so you need to have internet access and to check your given email address **well in advance**.
- It is no longer possible to defer from a module before it has actually commenced. (Section 14.1). If you have enrolled in a module, but are not able to attend the Residential, you will need to withdraw from enrolment in that module, request a refund of your deposit, (see our refund policy in section 15), and then reapply afresh for a later module.
- Due to a change in Government regulations, it is no longer possible to pay full module fees in advance of module commencement, unless that full fee is less than \$1,000.00 in total. This means that a larger deposit amount is now required at the time of applying, and the balance is to be paid on arrival on campus for your module. Please see Sections 12.1 to 12.3 for details of the changed arrangements.

Table of Contents

	Page
RE-ACCREDITATION NOTICE	-6-
2 Introduction	-6-
2 About This Handbook	-7-
3 About Satyananda Yoga	-7-
4 Diploma of Satyananda Yoga Training	-8-
• Vocational Outcomes	-8-
• Recognition of the Diploma	-8-
• Standing at BYB & Other International Satyananda Yoga Institutions	-8-
5 Course Structure	-9-
• Time Commitment	-9-
• Units of Competence	-11-
• Requirements to Achieve the Qualification	-11-
• Exit Points	-11-
• Course Delivery Method	-12-
6 Yogic Studies	-12-
• Yogic Studies Modules & Subjects	-12-
• Yogic Studies Texts and Accessories	-14-
• Audio-Visual Aids	-14-
7 Teacher Training(YS4)	-15-
8 Bridging	-16-
9 Study Options	-17-
• Option 1: Distance Option with Residential Visits	-17-
• Option 2: Full Residential Option	-17-
• "Back-to-Back" Option	-19-
• Additional Optional Days, Student Weekends	-20-
10 Selection and Enrolment Procedures	-21-
• Enrolment, Completing the Application Form Minimum Entry Requirement Criteria, Selection Criteria, Language, Computer Skills, Access and Equity, Child Protection, Health Management	-21-
• Recognition of Prior Learning	-23-
11 Module Dates	-24-
• Mangrove, Rocklyn, Student Weekends for 2014, Residential Learning Period Start & Finish Times	-24-
12 Module Fees and Charges	-24-
• Module Fees	-25-
• Deposits and Fees	-25-
• Due Dates, Additional & Late Fees	-26-
• Discounts, & Discounts for Low Income Countries	-26-
• Scholarships	-27-
• Bedding Hire Fees, Transport Fees, Re-Issue of Testamur Fee	-27-
• Accompanying Children & their Carers	-27-
13 Information for Overseas Students	-28-
• Visa options, Currency Exchange information	-28-

Table of Contents

	Page
14 Interruption of Studies	-29-
• Deferral from a Module.....	-29-
• Recommencement into a Module	-29-
• Voluntary Withdrawal from a Module	-30-
• Automatic Withdrawal from a Module	-30-
• Options if Work Incomplete at End of a Module.....	-30-
• Maximum Break Between Modules.....	-31-
15 Refund Policy	-31-
• Failure to Provide the Module, & Overpayment of Fees.....	-31-
• Pro-Rata Refunds	-31-
• Protection of Student Fees	-31-
16 Rights and Responsibilities	-32-
• Respect, Personal Relationships between Staff & Students, Occupational Health & Safety, Smoking, Drugs & Alcohol, Copyright, Trademarks, Photographs, Computer Code of Conduct, Attendance, Code of Practice, Disciplinary Procedures, Privacy Statement, Welfare & Guidance Services	-32-
17 Ashram Life	-34-
18 Academic Life	-35-
• Induction, Teaching Methods, Teaching Staff, Assessment Methods.....	-35-
• Appeals, Complaints & Grievance Procedures	-36-
19 Saraswati Library.....	-36-
20 Residential Centres (Ashrams).....	-37-
• What to Bring.....	-37-
• Cost of Living while Resident at the Ashram	-37-
• Currency Conversion.....	-38-
21 Satyananda Yoga Mangrove	-38-
• Location	-38-
• Directions, Public Transport, Airport to Ashram Options	-38-
• Ashram Facilities	-39-
• Teaching Facilities	-39-
22 Satyananda Yoga Rocklyn.....	-39-
• Location	-39-
• Directions	-40-
• Public Transport.....	-40-
• Ashram Facilities	-40-
• Teaching Facilities	-40-
23 Government Assistance for Australian Students.....	-40-
• Austudy	-41-
• Youth Allowance	-41-
• Abstudy	-41-
• Pension Education Supplement.....	-41-
• Newstart Allowance.....	-41-
• Rent Assistance.....	-41-
24 Satyananda Yoga Academy Staff	-42-

RE-ACCREDITATION NOTICE!!!

Every five years the Diploma goes through a process of re-accreditation with the Australian Government. To meet new Government criteria, and the evolving needs of yoga teachers in the community, the Satyananda Yoga Academy has submitted a slightly revised version of the current Diploma for Government approval, which will include the addition of elective units. Elective choices will begin from module YS2, and will cover subjects such as yoga and special needs areas, information searches and presentations, exercise science, and business planning. Whether these changes will be introduced in Semester One or Two of 2014 will depend upon the Government's response to our application, which will not be given to us until the end of this year at the earliest. If and when these changes have been approved, all enrolled students will be informed of how these changes will affect them, and a new version of this handbook will be sent to everybody. The new choice of subjects will not change the total hours of study for the Diploma, (1,440 hours).



1 Introduction

"True knowledge does not come from without; it unfolds and arises from within"

Swami Niranjanananda

The purpose of this handbook is to give you as clear an understanding of what is involved in this course as we can. This course is not small in terms of the commitment of time, or of the energy and resources you will need to devote to it and so it makes sense that you are well informed.

In mainstream academic terms, this course is known as the Diploma of Satyananda Yoga Training. To gain this qualification you need to demonstrate competency in the fourteen units of competency that collectively make up this qualification. These units are delivered over four half-year semesters covering the four modules of: YS1, YS2, YS3 and YS4. There are two components in the delivery for each of these modules: residential and distance. The first three modules start with a residential component of two weeks duration and YS4 has a three-week residential. The balance is done by utilising distance-education techniques. Ideally, you do some pre-reading of recommended material before the Residential Learning Period of each module.

The Residential Learning Period is the time when the practices and concepts relevant to that module are initially introduced, and the Distance Period is that in which the knowledge and skill gained during the Residential are consolidated and applied in your daily life. The Residential timetable is full, to say the least, starting with morning practice at 5.30 am, and not finishing until around 8.15 pm. The time in between is filled with a blend of meals, lectures, workshops, practicals, and of course a little space for rest, recuperation and reflection.

Over the next 19 to 22 weeks of the semester, you are given a prescribed set of yogic practices to systematically consolidate the practices that have been introduced to you during the Residential. To be considered competent in this aspect of the course you will need to do these practices more often than not, which means a minimum of four days per week. You will be required to submit your diary of home practice weekly. Beyond the practice, you will also have prescribed weekly study to undertake. This study will entail prescribed and recommended reading, a blend of online quizzes and forum participation, essays, projects and exams.

Please note that the course is very focussed on applying this particular tradition of yoga to personal development, and this focus is addressed from a physical, mental and emotional standpoint. Through the enhancement of your self-reflective awareness which occurs as a consequence of yogic practice, you can objectively look with greater accuracy at those aspects of yourself: your temperament, your constitution, your habits and take the steps necessary to enrich your life in all these domains. This is done by objectively looking at your strengths and weaknesses and then employing the yogic techniques and concepts at your disposal to make the most of your strengths and to minimise the impact of those weaknesses and susceptibilities that compromise your life. Another way of putting this is to say that this course is firstly about how to potentialise or make the best out of what opportunities life has bestowed upon you. Secondly it is about how then to share these insights, and techniques with others, i.e. how to train others so that they too may employ yoga to make the best of their lives.

At the same time this course also acknowledges the contribution of contemporary developments in aligned or complimentary fields from outside this tradition. In particular, this relates to the domain of exercise physiology. This is mentioned to remind potential students that a significant component in this course is science-based, and to progress through the course, some genuine study of Anatomy and Physiology and Exercise Physiology is required. As a part of your training, you will learn to objectively

appraise both yourself and others with respect to muscular-skeletal strength, endurance, flexibility, posture, cardio-vascular health, diet, and body composition, and then also how to construct appropriate training programs in light of these appraisals.

As you can see, this is a full-time course, and you will need to be able to put aside at least twenty hours per week to complete your study and practice. More importantly, it will require discipline and routine on your part, and support and understanding from the others in your life. This commitment does have its own rewards: you will systematically and safely gain a repertoire of yogic practices that will undoubtedly enhance your sense of health and wellbeing for the rest of your life, and a yogic understanding of this life that will be of benefit not only to you but to all those around you. To support students wishing to focus wholly on this study, the Diploma of Satyananda Yoga Training is registered as a nationally-accredited course, thus enabling Australian students to apply for Austudy for the duration of each module.



2 About This Handbook

This Course Handbook tells you about the nationally recognised training course offered at Satyananda Yoga Academy: the Diploma of Satyananda Yoga Training (91462NSW). This qualification is made up of three Yogic Studies and one Teacher Training module.

The Diploma is an Accredited Course in vocational education under the Australian Quality Training Framework (AQTF) and Satyananda Yoga Academy is a Registered Training Organisation (RTO).

For information about other courses conducted by Satyananda Yoga Mangrove, Satyananda Yoga Rocklyn and other centres, please refer to the *Satyananda Yoga Australasian Yoga Program 2014*.



3 About Satyananda Yoga

A disciple of Swami Sivananda of Rishikesh, India, Swami Satyananda founded the **Bihar School of Yoga** in Munger in 1963. Under his guidance, the ancient wisdom of yoga was made more accessible to a modern, scientific way of thinking. In fulfilling his mission to spread yoga worldwide, Swami Satyananda was one of the earliest Yoga masters to bring yoga training to the West. There are now Satyananda teachers in most countries around the world.

Satyananda Yoga has developed into an internationally renowned system of yoga. It provides a coherent philosophy of life without postulating any religious or political beliefs. It provides everyone, regardless of their social background, with tools for health, peace of mind and an inspired vision for their lives. People who practise Satyananda Yoga are of all ages, levels of fitness and walks of life.

Satyananda Yoga draws on a number of traditional systems of Yoga, including Hatha, Raja, Karma, Jnana, Mantra and Bhakti yoga. Its practices are adaptable and can accommodate individual needs.

When Swami Satyananda retired from public life in 1988, he appointed Swami Niranjanananda as his successor. Swami Niranjanananda has extended the work of bringing yoga into the modern world and in 1994 established **Bihar Yoga Bharati (BYB)** at Munger, which became the world's first Yoga University.

The establishment of BYB is the fulfilment of the vision of Swami Sivananda as transmitted through Swami Satyananda and Swami Niranjanananda. It combines the academic study of yoga with the personal experience of living in an ashram (a place of spiritual learning) environment. Its goal is the holistic growth of the student, with equal emphasis on physical, mental and spiritual development. As a living master, Swami Niranjanananda is able to inspire and direct the presentation and relevance of yoga to a changing world.

3.1 About Satyananda Yoga Academy (Australasia)

Satyananda Yoga has been established in Australia for well over 30 years and has been a major provider of yoga teacher training over that time, with more than a thousand teachers having received its training. Its major teaching centres (ashrams) are at Mangrove Mountain near Gosford in NSW and Rocklyn near Daylesford in Victoria.

Satyananda Yoga Academy (Australasia) was established in 1997 to integrate and enhance the professional training of Satyananda Yoga teacher training in Australia. In 2003, the Academy was registered in NSW as a Registered Training Organisation (RTO) and its Diploma of Satyananda Yoga Teaching was accredited under the Australian Qualification Framework. In 2008 the current two year Diploma of Satyananda Yoga Training was accredited and replaced the previously accredited three year Diploma of Satyananda Yoga Teaching.

3.2 Satyananda Yoga Academy Mission Statement

- To propagate and disseminate the knowledge, skills and understanding of yoga by providing high quality training and learning opportunities accessible to all.
- To create an organisation and structure, that meet the highest international standards, to support training and learning of yogic disciplines and the practical experience of yogic lifestyle.
- To assist in the alleviation of suffering and benefit those in need by exemplifying and making available the practices and lifestyle skills of yoga.



4 Diploma of Satyananda Yoga Training

The Diploma of Satyananda Yoga Training has been developed for Australian needs from the courses offered at **Bihar Yoga Bharati**. It is unique in yoga teacher training in Australia in offering a nationally-recognised qualification combined with the opportunity for intensive personal yoga practice within a traditional ashram environment.

This is an inspiring course which will take you on an extended journey of self-discovery. It involves a process of personal transformation through self-awareness, which can be challenging and difficult at times. You will need a strong commitment to self growth and the ability to manage personal change.

Of two years' duration, the Diploma is considerably longer than many other yoga teacher training courses. However, unlike other courses, no prior experience of yoga is required for entry.

The first eighteen months of the Diploma consist of three Yogic Studies modules. These modules provide a thorough training in yoga theory and the development of a strong personal yoga practice (sadhana). The teacher training module is the final module for the Diploma and focuses on how to effectively share what has been learned in the preceding modules with others.

Throughout all four modules, a significant component of the training and assessment is concerned with developing a thorough understanding from a modern scientific perspective of how the body works, and how it responds to the inclusion of sustained yogic practice. Anatomy and physiology are subjects contained within the syllabus, as is exercise physiology. Exercise physiology concerns objective appraisal and programming with respect to muscular-skeletal strength, endurance and flexibility, postural analysis, cardio-vascular health, diet and body composition.

4.1 Vocational Outcomes

The Diploma of Satyananda Yoga Training gives you the skills and competencies to be a professional yoga teacher in the Satyananda tradition. It is the foundation qualification for work in a broad range of situations and workplaces. These may include working as part of a team at a yoga centre or setting up your own practice as a self-employed yoga teacher.

4.2 Recognition of the Diploma

The Diploma of Satyananda Yoga Training qualification is required for full accreditation as a teacher in the Satyananda Yoga tradition.

Accreditation is recognition by Satyananda Yoga Academy and the international Satyananda Yoga community that you are competent to teach the Satyananda style of Yoga. You receive a Certificate of Accreditation, and have access to group rates for professional indemnity insurance and opportunities for ongoing professional development courses.

Demonstration of ongoing participation in professional development is needed to maintain your accreditation.

Once accredited, you may apply to become an affiliate of Satyananda Yoga Academy. This is a business arrangement, for mutual support and cooperation, enabling you to use the name and logo of Satyananda Yoga to promote your classes. You also benefit from group advertising and marketing, and receive substantial discounts on publications and courses.

4.3 Standing at other international Satyananda Yoga Institutions

Yogic Studies is taught in other parts of the world as well as in Australia. There are academies in the USA, South America, and Europe, and Yogic Studies is also taught at the Bihar Yoga Bharati in India. Reciprocal arrangements have been put in place so that you can have the opportunity to complete different parts of the course in these different locations and cultures.

A point to be aware of is that while these courses are very similar, they are not identical, and therefore you are advised to establish contact with the academy you are planning to do further study with, well in advance, to ascertain whether or not there is any bridging you may need to do before attending the Residential.

This is particularly so if you are an Australian and your initial study was the 4-Month Certificate Course in India, and you are planning to do further study in Australia. This is because the Australian course is a Government-accredited course with quite stringent additional requirements around Occupational Health and Safety training, anatomy and physiology, and exercise science. While you would be eligible for RPL for the first two modules of the course for the yogic content, you may need to do some bridging in the above-mentioned subjects before you could commence the following year's study.

If you are not from Australia and have done the 4-Month Certificate Course in India, or Yogic Studies in one of the overseas Academies, you have two options: If you want the Australian qualification, then, like Australians, you may need to do the bridging before obtaining the Australian qualification. If, however, you are planning to finish your course, or to base your teaching practice, in Europe, the USA, or South America, then the additional bridging does not have to be necessary (see Section 8)..

Further information about these courses can be obtained from:

- **India:** The Registrar, **Bihar Yoga Bharati**, Ganga Darshan, Munger, 811201 Bihar, India. Tel: +91+6344+222430. Fax: +91+6344+220169. Web: <http://www.yogavision.net>.
- **Europe:** Satyananda Yoga Academy Europe, PO Box 16, Budapest 1550, Hungary. Email: info@syae.org. Web: <http://www.syae.org>.
- **South America:** Academia de Yoga Satyananda, Calle 124 #8-21, Bogota, Colombia. Tel: +57+1+2149597. Email: Colombia@satyananda-yoga.net. Web: <http://www.satyananda-yoga.net>.
- **USA:** Yoga Academy of North America, 2319 Lee Road, Cleveland Heights, OH 44118, USA. Tel: +1+216+217-0691. Fax: +1+216+371-9780. Email: info@yogaacademyna.org. Web: <http://www.yogaacademyna.org> .



5 Course Structure

5.1 Overall Time Commitment

The total time commitment for the Diploma of Satyananda Yoga Training course is 1440 hours, spread over two years (80 weeks). During the non-residential part you would need to be able to put aside at least 20 hours per week for practice and study.

The Diploma course consists of four modules, which must be completed sequentially. The first three modules pertain to Yogic Studies and the last one to Teacher Training. Modules are approximately 20 to 22 weeks in length, depending on the module and the time of year it is offered. You may apply for enrolment in a module prior to completion of the preceding module, but you may not commence the new module until having completed the preceding module.

Each module comprises three parts:

- The Residential Learning Period, during which you live at an ashram (Mangrove or Rocklyn) and attend classroom lectures and participate in other individual and group learning activities;
- The Distance Period, during which you complete daily home practices, quizzes, assignments and reading, and are assessed on your competence in these;
- The ongoing Assessment / Practical Assessments

PLEASE NOTE: Due to the current date structure of the modules, if you commence your studies mid-year, you will experience a six-month break prior to commencing the third module of the Yogic Studies modules (i.e. between modules YS2 and YS3). The total time required to complete the Diploma of Satyananda Yoga Training, in this instance, will be two and one-half years.

5.2 Time Commitment during the Residential Learning Period

The length of the Residential Learning Period varies by module, ranging from 2 weeks for the Yogic Studies modules to 3 weeks for the Teacher Training module (YS4). Ongoing assessment, wherever possible, will be done online, meaning that students do not have to return to the ashram for assessment, thus saving on time and travel costs. (The exception to this is YS4 in which face-to-face practical assessment is required). See table following:

Module	Residential Learning Period Days	Student Weekend Days (Optional) ++	Final Assessment Days	Free Residential Days (Optional)	Residential Days Total
Yogic Studies 1	14	4	0	7	25
Yogic Studies 2	14	4	0	7	25
Yogic Studies 3	14	4	0	7	25
Yogic Studies 4	21	4	1	7	33
Total	63	16	1	28	108

++ the number of Student Weekend days may vary from module to module. The dates of these weekends are listed in Section 11.3 of this handbook.

Total required attendance for all modules is 63 residential days (excluding optional student weekends and free residential days). First Aid (2 days) is in addition to these days.

The Residential Learning Period of each module offers a compact and intense experience in many facets of yoga. During this period, you begin early in the morning with a balanced class in asana, pranayama and meditation. You then progress through a day's full schedule of classes and activities.

A sample timetable for a day during each Residential Learning Period is shown below:

5.30 - 7.00	Early Morning Class
7.00 - 7.30	Breakfast
7.45 - 8.00	Chanting (Optional)
8.00 - 8.50	Karma Yoga
9.00 - 9.50	Early Morning Class review
10.00 - 11.00	Session
11.00 - 11.30	Morning tea
11.30 - 12.30	Session
12.30 - 1.30	Lunch / Clean up
1.40 - 2.20	Session
2.30 - 3.00	Yoga Nidra
3.00 - 3.20	Afternoon Tea
3.30 - 5.15	Session
6.00 - 7.00	Dinner / Clean up
7.15 - 8.25	Evening program

During the Residential Learning Periods there is little spare time. It is therefore difficult to spend other than minimal time on other projects, such as work phone calls or emails during these periods. You need to arrange your stay at the ashram so as to minimise time required for activities other than attending the course.

If you need to bring your children with you for the Residential Learning Period, you also need to bring a full-time carer who is not taking part in the module and who is able to take care of all of the needs of the children. (Please see Section 12.10 for relevant fees). Please contact the ashram before the commencement of the module to discuss your arrangements.

5.3 Time Commitment during the Distance Period

After the Residential Learning Period for each module, you undertake individual daily home practice, weekly quizzes, assignments and reading. Home practice and quizzes are required to be submitted on a weekly or fortnightly basis. A weekly commitment of **at least 20 hours is required**.

Due to the demanding nature of the course, it is not recommended that you undertake other significant courses while you are doing Yogic Studies modules. Experience has shown that people with extensive family (especially small children), and/or heavy work commitments will find the Yogic Studies work-load difficult to manage.

5.4 Time Commitment during Ongoing/Final Assessment Period

The ongoing assessments for the first three modules do not require you to travel to the ashram.

The Practical Assessments for the Teacher Training module (YS4), while typically undertaken towards the end of the module, can occur in some instances at any mutually convenient time during the module. Given the extensive network of accredited Satyananda Yoga teachers both around Australia and internationally, it may be possible to arrange your final assessments with an SYA-approved assessor in your local area,

for a fee negotiated with that assessor. All assessment specifics are arranged individually with the Course Coordinator, well in advance, and consist of demonstrations of teaching skills in asana, pranayama, meditation and yoga nidra.

5.5 Units of Competence

The Diploma of Satyananda Yoga Training consists of fourteen units of competence. At its heart are three yoga units, unique to this qualification, which provide a thorough grounding in yoga theory, practice and teaching methods.

In addition, there are six units from the Sports Recreation and Fitness Training Package; two from the Health Training Package, two from the Business Training Package and one from the IT Training package, to provide the collective expertise you need to operate as a professional yoga teacher.

At first glance this qualification may look like a little yoga and a lot of other subjects. This is actually not the case; firstly, many of the units have been contextualised to yoga, and the other point is that all units are not equally weighted in time allocated to the study and assessment associated with them.

Diploma of Satyananda Yoga Training Units of Competence	Year 1		Year 2	
	Sem 1	Sem 2	Sem 1	Sem 2
SYA108 Work effectively in a yogic environment				
SYA208 Plan, deliver and evaluate Satyananda Yoga based group classes for health and wellbeing				
SYA308 Implement injury prevention in Satyananda Yoga training				
SYA408 Follow OH&S policy in Satyananda Yoga training				
SYA508 Undertake client induction and screening in Satyananda Yoga training				
SYA608 Instruct and monitor basic fitness program in Satyananda Yoga training				
SYA708 Undertake postural appraisals in Satyananda Yoga training				
SYA808 Address client needs in Satyananda Yoga training				
SYA908 Develop a personal management plan in Satyananda Yoga training				
BSBSBM404A Undertake small business planning				
BSBWOR203A Work effectively with others				
HLTAP301A Recognise healthy body systems in a health care context				
HLTFA311A Apply First Aid				
ICAICT103A Use, communicate and search securely on the internet				

5.6 Requirements to Achieve the Qualification

For the award of the Diploma of Satyananda Yoga Training, all fourteen units must be completed. This qualification will list all of the nationally recognized units completed. Total course duration is two years (or four semesters).

To have completed the First Aid unit (HLTFA311A), you will need to hold a current First Aid Certificate, which can be obtained separately. For your convenience, Satyananda Yoga Academy offers a First Aid Course twice each year. The cost for this course is not included in the Diploma course module fees, however students receiving Low Income Country discounts on their module fees can also have that same discount applied to the First Aid course. You can find the relevant information in our website under "[Mangrove Retreat Calendar](#)", and it is necessary to book separately and in advance. See Section 11 for dates.

5.7 Exit Points

On completion of each semester module, you will be awarded the relevant Satyananda Yoga Academy Statement of Attainment listing the completed subjects and the completed nationally-recognised units of competence. You may exit at any of these points.

For those not wanting to continue their studies to become yoga teachers, the completion of the three Yogic Studies modules is the exit point. These modules may be undertaken purely for your personal benefit.

5.8 Course Delivery Method

All Yogic Studies modules and Teacher Training have their major teaching component delivered during the compulsory Residential Learning Period at the beginning of the module. You need to be able to attend a minimum of 80% of each Residential. For all modules, assessment is conducted throughout the module. The final practical assessment for YS4 requires a face-to-face assessment at an SYA ashram, or with an SYA-approved assessor in your area. Ongoing module assessments for the first three modules are all done online.

Please note that, after completing the residential component there is a significant amount of home study and practice to do, (i.e. at least 20 hours per week). Evidence of practice and study are submitted online, and, to this end, **some degree of computer literacy is certainly required prior to commencement** of Yogic Studies, via some basic training in word-processing, internet searching, using email, filing and Windows.



6 Yogic Studies

If you are seeking ways to broaden and deepen your experience of life, Yogic Studies is for you. It will give you the tools and the knowledge to further that journey. In Yogic Studies, the vast and vibrant field of yoga is entered.

If desired, you may complete the first three Yogic Studies modules without progressing to the fourth and last Teacher Training module. You will receive a Satyananda Yoga Academy certificate for each completed module. However, to receive the Diploma of Satyananda Yoga Training qualification, you need to complete the Teacher Training module (YS4).

Throughout all four modules a significant component of the training and assessment is concerned with developing a thorough understanding from a modern scientific perspective of how the body works, and how it responds to the inclusion of sustained yogic practice. Anatomy and physiology are subjects contained within the syllabus, as is exercise physiology. Exercise physiology concerns objective appraisal and programming with respect to muscular-skeletal strength, endurance and flexibility, postural analysis, cardio-vascular health, diet and body composition.

NOTE: If you have a physical or psychiatric disability that precludes you from undertaking core yogic practices in the course or other limitations on your ability to teach, you may be unable to complete the Teacher Training module. However, in most cases, you would be able to complete Yogic Studies with some modifications.

6.1 Yogic Studies Modules

Yogic Studies 1 (YS1): Year 1 Semester 1 (21 weeks)

Yogic Studies 1 is the foundation module, in which a basic understanding of the multiple branches of yoga is built. You are also systematically introduced to basic yoga practice and to yogic lifestyle.

Practical expertise is developed through working with others to acquire skills appropriate in a yoga centre: computer literacy, kitchen work, office work, gardening and housekeeping. You learn the occupational health and safety requirements for each area of work and you start to objectively look at your strengths and weaknesses from a physical, emotional and mental perspective.

In the Exercise Science component of this module, you begin to develop the capacity to ascertain firstly your own physical capacity, in preparation for assessing others similarly during the later modules. You are provided with appraisal techniques for assessing posture, muscle strength, endurance and flexibility, and strategies for managing and preventing injury.

Note that there is a degree of preparatory reading to be done before commencement of the module.

Yogic Studies 2 (YS2): Year 1 Semester 2 (19 weeks) *Pre-requisite: Yogic Studies 1*

Yogic Studies 2 develops and expands on the learning in Yogic Studies 1. Key areas of exploration are: the dimensions of human experience (koshas), energy flow (prana and nadis), the workings of the mind and the nature of subtler spiritual experience. It includes a progressive development and investigation of asana, pranayama and meditation. The practical application of skills and yogic awareness is continued in the performance of tasks related to the functioning of a yoga centre.

In the Exercise Science component, Nutrition, Cardiovascular and Respiratory systems and relevant appraisals, and Energy, Metabolism and Body Composition appraisals are introduced.

Yogic Studies 3 (YS3): Year 2 Semester 1 (19 weeks) *Pre-requisite: Yogic Studies 2*

Yogic Studies 3 takes you more deeply into the theory and practice of yoga, with an emphasis on primary texts. The Yoga Sutras of Patanjali, Kundalini Tantra, and the Bhagavad Gita are explored in depth. Practices from the previous modules are incrementally built on with the final desired outcome being that you are now in a position to systematically plan and progress your own practice without further guidance.

Yogic Studies 4 (YS4): Year 2 Semester 2 (21 weeks) *Pre-requisite: Yogic Studies 3*

This is the teaching component of the course and it is here that you move from being the student to being the teacher. It is here that you effectively learn to share what you know from what is now your own experience. Further detailed information on the content of this semester can be found at Point 7.

6.2 Yogic Studies Subjects**Asana:**

Asana includes practice and understanding of the postures used in Satyananda Yoga, including those unique to the tradition such as the Pawanmuktasana series. While the understanding and practice of asana is important in Yogic Studies, physical prowess is not a requirement, nor is it as critical as it may be in other traditions. However, over the duration of the course, you will have the opportunity to become significantly more adept in the practice of asana.

Pranayama:

Like asana, this subject is progressively developed over the duration of the course. Emphasis is given to learning, understanding and experiencing a range of balancing, tranquilising and vitalising practices. Pranayama practices are a strong feature, both of the Satyananda style and this course.

Shatkarmas:

All the modules include an introduction to the core cleansing practices of Hatha Yoga and the integration of these practices into one's daily life.

Satyananda Yoga Nidra:

This practice is unique to Satyananda Yoga. It is a relaxation technique with clear benefits for today's lifestyle, but its effects go much deeper. As a pratyahara practice, it provides a gentle way of integrating subconscious material. For this reason, Satyananda Yoga Nidra® is thoroughly explored and expanded over the duration of the course.

Meditation:

A range of meditation practices is explored, with recognition that different personality types have affinity with different meditation practices.

Mudra and Bandha:

Practice in a range of gestures and techniques for harnessing and redirecting energy and awareness.

Yogic History Philosophy and Culture:

Swami Niranjanananda has said "*philosophy without practice is meaningless, but practice without philosophy is equally futile*". Consequently, wherever concepts are taught, practices embodying these concepts are introduced and vice-versa. To understand yoga and its application to today's world, it is important to know its cultural origins and underpinning philosophies.

Yogic Physiology:

Examines the subtle dimensions and energy systems of the human organism from a yogic perspective. The understanding of nadis, prana and chakras fall into this category.

Yogic Psychology:

This covers the yogic understanding of consciousness, awareness, mind, perception & cognition, personality, intellect and emotion. It provides practical tools for managing the mind and personality development.

Anatomy & Physiology:

This gives a substantial analysis of the major structures and systems of the human body and the effect of yogic practices on them.

Exercise Science:

Exercise Science provides us with the skills to objectively appraise the physical nature: posture, strength, flexibility, endurance, body composition and diet. From a teacher's perspective, it also ultimately provides the capacity to objectively appraise these qualities in others. This science is combined with yogic tools for self-reflection that together develop the skills and knowledge required to design a balanced personal practice (sadhana), thus meeting the physical, mental, emotional and spiritual needs of oneself and/or one's students.

Integration of Yogic Principles:

Yogic theory and practice are synthesised into life skills through living and working in the ashram environment.

6.3 Yogic Studies Texts and Accessories

All required texts (see following table), are available at a 20% discount to students before the start of the module, and until the scheduled module completion date. For new students intending to enrol in YS1, evidence of having paid the module deposit will be required. All texts are available from the ashram bookshops, or by mail order from either ashram. Dates of texts refer to the latest edition rather than the most recent printing date. **Items marked with # are required to be brought along during module Residential Learning Periods.**

A new anatomy and physiology textbook has now been included in the list of required texts, namely "**Anatomy of Movement**" by Blandine Calais-Germain. This is **in addition** to the similarly-named text, "Anatomy of Movement-Exercises" that has been on our book list for the past couple of years. We have found that students who have only had the latter title have needed to be able to refer to this companion book as well, so we will be adding it as a required text from 2014. However, **this will only apply to new YS1 students at this stage**, as its relevance mainly pertains to the YS1 module content.

Required Texts & Accessories	YS1	YS2	YS3	YS4	Price with student discount
Asana Pranayama Mudra Bandha , Swami Satyananda Saraswati, Yoga Publications Trust, ISBN: 978-81-86336-14-4	√#	√#	√#	√#	\$31.20
Yoga Nidra , Swami Satyananda Saraswati, Yoga Publications Trust, ISBN: 978-81-85787-12-1	√	√		√	\$20.00
Yoga Darshan – Vision of the Yoga Upanishads , Swami Niranjanananda Saraswati, Yoga Publications Trust, ISBN: 978-81-86336-26-7	√	√			\$31.20
Practical Yoga Psychology . Rishi Vivekananda, Yoga Publications Trust, ISBN: 978-81-86336-39-7			√		\$28.00
Kundalini Tantra , Swami Satyananda Saraswati, Yoga Publications Trust, ISBN: 978-81-85787-15-2			√		\$28.00
Four Chapters on Freedom – Commentary on the Yoga Sutras of Patanjali , Swami Satyananda Saraswati, Yoga Publications Trust, ISBN: 81-85787-18-2			√		\$20.00
Bhagavad Gita with Text, Word-to-Word Meaning, Translation & Commentary by Swami Sivananda, Divine Life Society, 2003, ISBN: 81-7052-000-2 ES13			√		\$36.00
Prana and Pranayama , Swami Niranjanananda Saraswati, Yoga Publications Trust, ISBN: 978-81-86336-79-3				√	\$24.00
Meditations from the Tantras , Swami Satyananda Saraswati, Yoga Publications Trust, ISBN: 81-85787-11-5		√		√	\$24.00
Dharana Darshan , Swami Niranjanananda Saraswati, Yoga Publications Trust, ISBN: 81-86336-30-3				√	\$24.00
Anatomy of Movement – Exercises , by Blandine Calais-Germain & Andree Lamotte, Eastland Press, ISBN: 978-0-939616-58-9	√	√	√	√	28.00
NEW TEXT: Anatomy of Movement – by Blandine Calais-Germain , Eastland Press, ISBN: 978-0-939616-57-2	√	√	√	√	28.00
Accessory: Neti Pot	√	√	√		\$10.00
Accessory: Tulsi Mala (108 beads)	√	√	√		\$20.00
	\$168.40	\$24.00	\$112.00	\$48.00	\$352.40

Prices current at August 2013 and subject to change

6.4 Audio-Visual Aids

With each module there are a number of audio and audio-visual files available that you may want to make use of. The new Yoga Nidra and Meditation practices included in your module can be downloaded from Moodle. Beyond this there are recordings of many of the excellent lectures given in the past that are relevant to your study that you may like copies of.

Also, we have digital video files of the lectures and, importantly, the practical workshops in exercise science appraisal, which, while not issued as a part of the course, are available for you to download.



7 Teacher Training(YS4)

Swami Satyananda: "If you dedicate yourself completely to the task of teaching yoga, it will be easy to express the positive side of your personality".

The Teacher Training module explores the skills required for the planning and teaching of yoga in a range of settings from a yoga centre to private classes. The focus in this module is on the application of knowledge and skills, especially for the selection of appropriate practices for different class levels, from "beginners" to "experienced". Other aspects include communication skills, and occupational health and safety, as well as the business aspects of managing a professional practice.

The ability to perform all core Satyananda Yoga practices in asana, pranayama and meditation is required for successful completion of the Teacher Training modules. If you have a significant physical or mental disability, you may be unable to meet this requirement.

Please note that if you wish to apply for **Provisional Accreditation** on completion of the YS4 Residential Learning Period (for the purpose of taking out professional **insurance** to cover your teaching activities), you will need to have the requisite First Aid training qualifications **prior to commencing YS4**. See Section 7.1 below for details.

Students wishing to apply for YS4 need to be aware of the time commitment as this module contains three major assessments: planning, teaching and evaluating a 6-week Beginners Course; a Business Plan; and designing, monitoring and evaluating a 4-week Client Program. Students who also intend to visit our Indian ashrams, (where internet access is limited), for their annual end-of-year programs, should be aware that such travel might conflict with your YS4 studies. It is not possible to give extensions beyond the final homework submission date, so you would either have to finish all required work prior to reaching Munger or Rikhia, or to defer from the module and recommence the following year. Alternatively, it may be better to wait to enrol in YS4 in a year that does not include such travel plans.

Yogic Studies 4 (YS4): Year 2 Semester 2 (21 weeks) *Pre-requisite: Yogic Studies 3*

7.1 Teacher Training Subjects

All these subjects provide training in teaching for beginners, progressive-beginners, and progressive levels

Teaching Asana:

Teaching asana practices

Teaching Pranayama:

Teaching pranayama practices

Teaching Meditation:

Effective strategies for teaching meditation

Teaching Satyananda Yoga Nidra:

Delivery of Satyananda Yoga Nidra instruction

Teaching Mudra and Bandha:

Effective strategies for conveying the techniques of mudra and bandha

Teaching Shatkarmas:

Teaching the shatkarma cleansing series

Teaching Mantra and Kirtan:

Knowledge and practice of teaching simple mantras and kirtan (chanting)

Creative Class Planning:

Strategies for building balanced and satisfying classes

Creative Course Planning:

Strategies for sequencing balanced and satisfying courses

Teaching for Special Needs:

Strategies for customising teaching methodologies to suit diverse students and environments beyond the general class situation

Applied Anatomy and Physiology:

Human anatomy and physiology with the depth and focus necessary for safe and effective teaching

Professional Yoga Teacher:

Knowledge of how to efficiently plan, organise, promote and manage a yoga class. Understanding of business principles for establishing and maintaining a viable yoga-based business

Qualities of a Yoga Teacher:

Consideration of the positive qualities and attributes of a Satyananda trained yoga teacher. Knowledge of the ethical and legal framework and personal skills needed to be a Yoga teacher

Student Support Skills for Yoga Teachers:

This subject incorporates the unit "Address Client Needs". It develops the skills for effective communication with students while maintaining professional boundaries. It helps you to identify when students need to access other health or welfare services.

Occupational Health & Safety for Yoga Teachers:

Understanding the responsibility of duty of care when preparing the environment for safely running a yoga class or a yoga centre

First Aid:

This training can be obtained through any of the professionally established providers, (ensure the training offered is equivalent to "HLTFA311A Apply First Aid"), however, this unit is also delivered as a separate course at the Mangrove campus, being on the weekend immediately prior to commencement of YS4. All details concerning booking, fees, refund policies, etc, can be found on our website under "[Mangrove Retreat Calendar](#)", and it is necessary to book via the **Satyananda Yoga Mangrove** enrolment form, which is separate from the Yogic Studies and Teacher Training Application for Enrolment that is attached to this Course Handbook. See Section 11 for dates.

Note that if you are receiving the Low Income Country discount on your YS4 module fees, you are also eligible for this same discount on your fees for the First Aid weekend at Mangrove that falls immediately prior to the commencement of YS4.

Note also that as the First Aid weekend will end on the Sunday afternoon, and YS4 will not commence until the Wednesday evening, YS4 students who enrol in the First Aid weekend can have the extra nights from Sunday through to Wednesday as extra free Student Days.



8 Bridging

The proposed changes to the Diploma (Page 6), will have a significant impact on the bridging process. The Exercise Science subjects, which currently account for a large part of the bridging requirements, will become electives within the full Yogic Studies modules, which will give students the options to cover these areas either via bridging, or by completing extra elective subjects during YS4. The other bridging subjects will then be made available through the Satyananda Yoga Academy, and the SYTA Bridging process will come to an end as current SYTA Bridging students complete their assessments.

If you *are* required to do bridging, we advise that you wait until the changes to the Diploma and the bridging process have been finalised. As and when these changes have been approved, a new version of this handbook will be sent to everybody.

The proposed changes will NOT require students of the current Diploma to do any bridging to attain the new Diploma.



9 Study Options

In line with our commitment to access and equity, there are a number of study options available for completing the Diploma.

PLEASE NOTE: All study options constitute a full-time course, requiring a time commitment of at least 20 hours per week.

9.1 Option 1: Distance Option with Residential Visits

This option allows you to attend the Residential Learning Periods at the ashram and then complete most of your assessment tasks at home.

Following the Residential Learning Period, you continue your studies via daily practice and home study, with the digital submission of a weekly or fortnightly logbook of home practice, written quizzes, forums and assignments. Your individual study is supported by comprehensive written resources as well as an online community, telephone and email support. Homework is submitted by means of an on-line course management system.

Please note that, after completing the residential component, those studying via the distance option will have a significant amount of home study and practice to do, (i.e. 20 hours per week). This work is submitted online, and, to this end, some degree of computer literacy is required prior to commencement of Yogic Studies, via some basic training in word-processing, internet searching, using email, filing and Windows.

Please see 9.4 for information about additional optional days that are available to you.

PLEASE NOTE: If you are an overseas student and only able to come to Australia for short periods, distance learning may be the best option for you. You may complete the compulsory Residential Learning Periods on a Tourist Visa, and then complete the Individual Practice Period in your own country via internet.

9.2 Option 2: Full Residential Option

You have the option of living at Mangrove or Rocklyn ashrams for all or part of the course. To do this, you will need to complete a separate application form for an extended residential stay at the ashram.

Satyananda Yoga Mangrove, NSW (Mangrove Yoga Ashram) offers residential stays at varying participation levels:

1. ***Yogic Studies Student Seva Stay***

Integrate yogic principles, expand self-knowledge, and develop skills through working within the ashram environment. Harmonise your active nature through the practise of karma yoga (the yoga of action).

Minimum of 2 weeks, maximum 6 weeks during the period of the module for YS1, YS2 and YS3.

Yogic Studies Student Seva Stay includes:

- Early morning yoga classes and/or course practice
- Morning chanting
- Morning cleaning karma yoga
- Inspirational daily meeting
- Afternoon yoga nidra relaxation and/or course practice
- Early evening yoga classes
- Varied yogic evening programs
- Half-day participation in karma yoga department and half-day study
- One rest day per week

Fees are \$30.00 per day.

Contact serveandgive@satyananda.net

2. ***Ashram Seva Stay***

This is a way to imbibe the ashram lifestyle in between the Yogic Studies Residential components by living full-time in the ashram for any length of time from one month to one year. Ashram Seva Stay creates an opportunity for students to further explore and develop the yogic principles and disciplines that are introduced in different modules, and to integrate them into your lifestyle through the experience of living in a yogic community. International students can potentially extend their ashram stay through Yoga Studies Student Seva Stay or Ashram Seva Stay until their visa expires.

Ashram Seva Stay includes:

- Daily yoga classes (including some compulsory sessions), in asana, pranayama, yoga nidra and meditation.
- Ashram and residents' satsangs.
- Outdoor activities (eg. working on our organic farm).
- Mantra chanting, kirtan and havan (Vedic/Tantric fire ritual).
- Karma yoga and seva.
- Rest Day each week.
- One and a half days per week for study.
- Personal mentoring.

Pre-requisite for Ashram Seva Stay:

- Minimum two weeks of Mangrove Yoga Ashram courses, (also within the past 18 months), or:
- Previous ashram experience in other Satyananda ashrams (with references).
- A six-week trial followed by 8-month probationary period will apply.

Fees begin at \$15.00 per day for six weeks, followed by \$10.00 per day for up to eight months. After eight months, fee-neutral.

Contact serveandgive@satyananda.net

3. Teacher Internship (Mangrove)

For YS4 students who have completed their YS4 Residential, a *Teacher Internship* program is available. This is recommended for a minimum period of three months, or up to one year. The internship is focussed on the development of teaching skills, along with ashram lifestyle, and is recommended for teachers who would like to spend time in a supportive yoga community. It includes mentorship with one of our resident teachers, regular feedback on the teaching of a variety of classes, study time, and opportunities to complete your YS4 practical assessments. Varied opportunities are available, such as teaching in the local community, assisting with children's classes, and options to take part in a teacher exchange with participating centres, (eg. Rocklyn in Victoria). The Internship also includes a peer-support program, opportunities to teach on specialised courses, and fortnightly teaching seminars.

Fees for a three-month stay at Mangrove are \$630.00. For a six-month commitment, there are no fees, however if one is unable to keep this commitment, there will be fees involved. Fees for a commitment of twelve months are by arrangement. Internship fees may be reduced if a person has significant previous ashram experience. All internships require a refundable \$400.00 bond to be paid. Other fees are non-refundable if leaving early or taking time off within the period that you have committed to.

Contact Swami Kriyatma on kriyatma@satyananda.net for more information.

Satyananda Yoga Rocklyn, Victoria (Yoga Association of Victoria) offers residential stays at varying participation levels:

1. Yogic Studies Student Seva Stay

Integrate yogic principles, expand self-knowledge, and develop skills through working within the ashram environment. Harmonise your active nature through the practise of karma yoga (the yoga of action).

Minimum of 2 weeks, maximum 6 weeks during the period of the module for YS1, YS2 and YS3. For other possibilities, please contact Swami Atmamuktananda to discuss.

Yogic Studies Student Seva Stay includes:

- Morning asana and pranayama classes, Vedic chanting and/or course practice.
- Morning cleaning karma yoga; yoga of head, heart and hands.
- Yoga nidra relaxation and/or course practice
- Havan (Vedic/Tantric fire ritual), mantra chanting and kirtan.
- Varied yogic evening programs.
- Discourses and discussions.
- Half-day participation in karma yoga department and half-day study; one rest day per week.

Fees are \$30.00 per day.

Contact yogarock@satyananda.net

2. Student Yoga and Ashram Life

This is a way to imbibe the ashram lifestyle in between the Yogic Studies Residential components by living full-time in the ashram for any length of time from two months to one year. Ashram Seva Stay creates an opportunity for students to further explore and develop the yogic principles and disciplines that are introduced in different modules, and to integrate them into your lifestyle through the experience of living in a yogic community. International students can potentially extend their ashram stay through Ashram Seva Stay until their visa expires.

Student Yoga and Ashram Life includes:

- Morning asana and pranayama classes and Vedic chanting.
- Ashram and residents' satsang.
- Outdoor activities (eg. organic gardening).
- Indoor activities (eg. creative projects, kitchen).
- Kirtan.
- Karma yoga and seva.
- Rest Day each week.
- One half-day per week for study.
- Personal mentoring.
- No pre-requisites..

Fees begin at \$15.00 per day for six weeks, followed by \$10.00 per day for up to eight months. After eight months, fee-neutral.

Contact yogarock@satyananda.net

4. Teaching Internship (Rocklyn)

For YS4 students who have completed their YS4 residential, a *Teacher Internship* program is available. This is recommended for a minimum period of three months, or up to one year. The internship is focussed on the development of teaching skills, along with ashram lifestyle, and is recommended for teachers who would like to spend some time in a supportive yoga community. It includes mentorship with one of our resident teachers, regular feedback on the teaching of a variety of classes, study time, and opportunities to complete your YS4 practical assessments. Varied opportunities are available, such as teaching in the local community, assisting with children's classes, and options to take part in a teacher exchange with participating centres, eg. Mangrove in NSW. The Internship also includes a peer-support program, opportunities to teach on specialised courses, and fortnightly teaching seminars.

Fees for a three-month stay at Rocklyn are \$630.00, payable on booking your internship. Fees for a commitment of over three months and up to twelve months are by arrangement. Satyananda Yoga Rocklyn Ashram cancellation/refund policy applies. Refer to Rocklyn website at: www.yogavic.com.

Contact Swami Atmamuktananda on yogarock@satyananda.net for more information.

Please see Section 9.4 for information about additional optional days that are available to you.

9.3 “Back-to-Back” Option

If you have difficulty getting to the ashram because of distance or time, you may apply to take the compulsory Residential Learning Periods for YS1 and YS2 “back to back”. The back-to-back option can only be selected when two consecutive modules are offered within the *same semester* (i.e. modules YS1 and YS2). An example is as follows:

	Module	Residential Learning Period Begins	Residential Learning Period Ends	Last homework submission date	Module Completion Date
1 st module	YS1 114 MM	07 Jan 2014	21 Jan 2014	19 May 2014	02 Jun 2014
2 nd module	YS2 114 MM	23 Jan 2014	06 Feb 2014	09 Jun 2014	23 Jun 2014
3 rd module	YS2 214 MM	14 Jul 2014	28 Jul 2014	24 Nov 2014	08 Dec 2014

- You would submit two Applications for Enrolment, one each for the YS1 and YS2 modules, and indicate that you wish to complete the modules “back-to-back”.
- Once approved, you would attend the Residential Learning Period for the 1st module, and then straight away attend the Residential Learning Period for the 2nd module, after which you would return to your home base.

- You would begin submitting homework for YS1 only, as per the module's Homework Submission Schedule. You do NOT submit any homework for YS2 at this stage.
- By 19th May 2014, (using our example above), you will have successfully completed all homework and assessment tasks for YS1.
- When YS2 commences the following semester, (i.e. 14th July 2014), we will automatically add your name to the student enrolment list and send you any information that you require to complete YS2. You would NOT attend the Residential Learning Period for YS2 in July, having done it already in the previous January/February.
- You would then begin submitting homework for YS2 module as per the Homework Submission Schedule provided to you for that module for the first half of the following year (in this example from July through to November of 2014).

Please be aware that the "back-to-back" option is not a fast-track method. In truth, it is probably more challenging to complete the necessary requirements, due to the amount of information that must be absorbed in a short time and the delay in implementing the knowledge acquired. It can be accomplished, however, and is convenient for students who must travel from great distances to participate in the course. The primary benefit in selecting this option is that you incur costs for only one flight to and from Australia, versus two flights done via Study Option 1 (refer to Section 9.1).

As with other module payments, you need to pay the deposits only for each module at the time of applying, and the balance for each module at the time that each module commences.

Please also be aware that "back-to-back" enrolment at both Mangrove and Rocklyn campuses together can only be done if the YS1 module is done at Rocklyn, and the YS2 module at Mangrove, and in Semester One only.

Please see Section 9.4 for information about additional optional days that are available to you.

9.4 Additional Optional Days

Optional Seven Days: As part of each module in the Diploma course, provision has been made for students to come to the ashram for further ashram experience and personal study time. An optional seven days, which may be broken into shorter periods (two or three days, for example), has been allocated at no extra charge. These optional days can be utilised at either Mangrove or Rocklyn ashrams, regardless of which campus you are enrolled with, and may be taken any time from seven days prior to the current module commencement date up until the completion date of that module. If you have enrolled in the succeeding module for the next time that particular module is offered, you can also utilise your optional days during the week immediately preceding the commencement of that succeeding module.

The rationale for providing these extra days is to further your ashram experience. Consequently, you are expected to participate in the *Skills and Lifestyle* program at Mangrove, or the *Yoga & Ashram Life* program at Rocklyn, and become involved in activities related to the general running of the ashram. These activities include morning cleaning, at least one meal clean-up per day and one shift of karma yoga per day. You are also free to participate in optional creative and outdoor activities during this time.

Please contact Reception in advance to book for your optional days.

Note also that as the First Aid weekend will end on the Sunday afternoon, and YS4 will not commence until the Wednesday evening, YS4 students who enrol in the First Aid weekend can have the extra nights from Sunday through to Wednesday as extra free Student Days.

Student Weekends (these are in addition to the above optional seven days): Student Weekends may be attended by any student who is currently undertaking a module at the time the Student Weekend occurs. The dates of these weekends are listed in Section 11.3 of this handbook.

Student Weekends begin Friday afternoon at 3.00 pm (with afternoon tea, followed by weekly havan), and end on Sunday afternoon at 3:00 p.m. (with afternoon tea). Student Weekends do not entitle you to attend another course that may be offered during that weekend period.

While not compulsory, you are encouraged to use the Student Weekend days to reconnect with the yogic lifestyle, classmates and lecturers. The library and computer facilities are also available.

There is no additional cost for these weekends, for the purpose of accommodation and catering however, they must be booked in advance. It is expected that during Student Weekends, you will participate in the morning karma yoga sessions, one kitchen clean-up, and one shift of karma yoga per day.

The optional seven days and student weekend days are not refundable nor are they transferable. Please contact Reception in advance to book for your optional days.



10 Selection and Enrolment Procedures

10.1 Enrolment

To commence your enrolment, please complete the Application for Enrolment form. All applications undergo a formal review and approval process to ensure that Minimum Entry Requirement Criteria are met and that you have a reasonable chance of successfully completing the module.

You may apply for enrolment in a module prior to your completion of the preceding module, but you must have completed the preceding module before commencing the new module. The due date for applications to be received is 30 days prior to commencement, which is often before the completion date of the preceding module. This means that when your acceptance into the new module is given, it is conditional upon your completion of the preceding module by the time the new module commences.

You will be notified by email if your application is successful. If unsuccessful, you will be informed of the reasons and you may appeal for reconsideration. See Section 18.5: “Appeals, Complaints and Grievance Procedures” of this handbook for more information.

It is recommended that, where possible, you visit one of the two ashrams for a course or residential stay prior to enrolling in the Diploma.

10.2 Completing the Application Form

The Application for Enrolment form is attached to this handbook. **A recent photograph is mandatory with each application, for each module.**

All questions must be completed **fully** in order for the application to be processed. Unanswered or blank questions will result in a delay in processing the form in a timely manner. In some instances, the form may be returned to you for completion and re-submission. Minor omissions may mean that your payment is processed immediately on receipt of your application, however processing of confirmed enrolment will not be fully completed until the omissions are supplied. Precedence in enrolment will be given to those whose applications are fully completed, so this may mean that you could lose your place in the module. Major omissions can mean that your application is not accepted at all before the due date, in which case you may incur the Additional Module Fee (see Section 12.3).

The Application for Enrolment form is in three parts:

- Part I – requests contact details and other information that relates to your participation in the module for which you are applying;
- Part II – requests confidential information related to your physical, emotional and psychological health, as well as any special learning needs that you may have. (Note that this section is **mandatory** with each application, together with Part I, for each module).
- Part III – requests background information, including education, employment and previous yogic experience. It ensures that you meet the minimum requirements for entry into the Diploma course. This section is not required for continuing students who have previously supplied this information.

PLEASE NOTE: We are now required to verify a student’s legal name before issuing any certificates of completion etc, so as part of the enrolment procedure, first-time students need to include a photocopy of an official document showing the legal name, eg., Birth Certificate, Drivers Licence, Passport, etc.

The information that you provide will assist us in fulfilling our legal responsibilities toward Duty of Care and allow us to make adjustments for any special needs. The information collected will be dealt with in accordance to our Privacy Policy.

Some information on the form will be collated by the Quality Assurance Officer. Non-identifying information is used to gain a better understanding of our students and to ensure that we meet our goals for access and equity.

A separate application form must be submitted for each module as you progress through the Diploma course. Parts I, II and III of the application are required for the first module (i.e. YS1). Parts I and II are required for all subsequent modules, as well as a recent photograph and updated confidential information.

By completing and signing the Application for Enrolment form, you are entering in a written agreement with the Academy for the provision of training, dependent upon your payment of fees. Your signature indicates that you:

- give permission for the Academy Student Welfare Officer or SYA health professional to contact the health professionals listed on the form concerning your suitability for enrolment in the module;
- have read, understood and agree to abide by the conditions set out in the application and in the SYA Course Handbook to which it was attached;
- understand that the disclosure of any personal information will require your written consent;

Applications for Enrolment will only be considered if accompanied by the correct deposit amount (see fee table in section 12.1).

10.3 Minimum Entry Requirement Criteria

- Minimum age of 18 years.
- Literacy and numeracy to Year 10 at an Australian High School or equivalent (eg Certificate III in General Education for Adults (Accreditation Code 2212ALC).
- English language proficiency to Year 10 at an Australian High School or equivalent.
- Basic word-processing and internet/email skills
- Ability to meet the time commitments of the course including residential stay requirements

These requirements will be assessed by information supplied on the enrolment form, referee reports, interview (email, fax, phone or in person) and any other information that is available to the Academy.

Enrolment is only accepted if it is considered that you will have a reasonable chance of successfully completing the module.

10.4 Selection Criteria

Entry into each Yogic Studies module is determined on a first-received basis for those students who meet the minimum entry requirement criteria.

Successful completion of each module is the pre-requisite for entry into the next.

10.5 Language

All courses at Satyananda Yoga Academy are taught in the English language.

10.6 Computer Skills

During the Individual Practice Period, assessment tasks for the course are completed and returned using the Internet. If you have not used a computer before, by one means or another, such as attending an introductory computer course with TAFE, you will need to become familiar with Microsoft® Word and the use of the internet and email prior to the course starting. Please note that basic word-processing and internet and email skills are an entry requirement, and you will need easy and frequent access to a reasonably modern computer.

Detailed guidance on how to submit the assessment tasks will be provided during the Residential Learning Period of the module.

10.7 Access and Equity

Satyananda Yoga Academy seeks to reflect the diversity in the community and is committed to making its courses relevant, accessible, fair and inclusive. We aim to minimise any disadvantage you may experience due to disability, social or geographical isolation or financial hardship. The Quality Assurance Officer has special oversight in this area and all staff are guided by a Code of Conduct.

Prospective students with a disability will be treated on the same basis as those without a disability. If you have a disability or a significant learning need that may affect your ability to participate in this course, please advise us. We will consult with you as to whether a reasonable adjustment can be made to accommodate your needs.

Entry into the Teacher Training modules will require an assessment of the limitations resulting from your disability. If your physical or psychiatric disability severely restricts your ability to perform core Satyananda Yoga practices or results in significant limitation on your ability to teach, you may be unable to complete Teacher Training (YS4).

10.8 Child Protection

NSW Child Protection legislation requires you to complete a declaration that you are not a "Prohibited Person" before starting YS4. A Prohibited Person is a person convicted of a serious sex offence, or a person who is a registrable person within the meaning of the [Child Protection \(Offenders Registration\) Act 2000](#). Your signed declaration will be kept on file as a permanent record.

10.9 Health Management

Due to the emphasis of yogic lifestyle on personal growth and the nature of some ashram activities, this course can be emotionally challenging and psychologically rigorous. As such, this course is not appropriate or helpful to all persons at all times.

Although the yogic practices and the atmosphere of the ashrams facilitate personal growth, they are not a replacement for specific support or treatment programs. If you are currently receiving or have recently received treatment for a psychological/psychiatric condition, we recommend that you continue regular contact with your therapist and/or program throughout your course.

10.10 Recognition of Prior Learning

You may be eligible for advanced standing in the course because of prior formal or informal learning you have undertaken. This is called “recognition of prior learning”, or RPL.

If you have relevant units of competency from the Health, Fitness or Business Training Package, issued as an Australian Qualification Framework qualification, or a Statement of Attainment by another Registered Training Organisation, these will be recognised by the Academy.

If you have undertaken other yoga training or other yoga teaching training, or have other relevant yogic experience, you may be eligible for some exemptions. As a general guideline, however, all the required competencies in the Yoga units of the Diploma course are integrated into the whole course, with the competencies embedded within a number of subjects.

Recognition of prior learning (RPL) is available to all applicants. If you consider that you have relevant training or experience, request a RPL Information Pack. This guides you through the process and how to provide the evidence you need to obtain RPL. The process is designed to minimise your time and cost. As RPL can only be determined on an individual basis, **please allow at least two months for your application to be processed. No RPL will be approved once the module Residential is in progress.** There is provision for appeal against the determination. There are costs associated with this process.



11 Module Dates

NOTE: Applicants are advised that, due to the date structure of the modules, if the Diploma course is commenced mid-year, then a six-month break will occur between modules YS2 and YS3. This may cause difficulties with Austudy.

DATES FOR 2014 ACADEMIC YEAR

11.1 Mangrove

	Module & Code	Residential Learning Period Dates	Last Homework Submission Date	Module Completion Date	Due Date for Application & Deposit	Due Date for Balance of Fees
SEMESTER ONE	YS1 114 MM	07 to 21 Jan	19 May 14	02 Jun 14	08 Dec 13	07 Jan 14
	YS2 114 MM	23 Jan to 06 Feb	09 Jun 14	23 Jun 14	24 Dec 13	23 Jan 14
	YS3 114 MM	11 to 25 Feb	27 Jun 14	11 Jul 14	12 Jan 14	11 Feb 14
SEMESTER TWO	YS1 214 MM	19 Jun to 03 Jul	27 Oct 14	10 Nov 14	20 May 14	19 Jun 14
	YS2 214 MM	14 to 28 Jul	24 Nov 14	08 Dec 14	14 Jun 14	14 Jul 14
	<i>First Aid Weekend</i>	<i>25 to 27 Jul</i>	<i>Contact Mangrove Reception for First Aid bookings</i>			
	YS4 114 MM	30 Jul to 20 Aug	24 Dec 14	07 Jan 15	30 Jun 14	30 Jul 14

11.2 Rocklyn

	Module & Code	Residential Learning Period Dates	Last Homework Submission Date	Module Completion Date	Due Date for Application & Deposit	Due Date for Balance of Fees
SEMESTER ONE	YS1 114 ROC	05 to 19 Jan	18 May 14	01 Jun 14	06 Dec 13	05 Jan 14
SEMESTER TWO	YS2 113 ROC	13 to 27 Jul	23 Nov 14	07 Dec 14	14 Jun 14	13 Jul 14

11.3 Student Weekends for 2014

MANGROVE and ROCKLYN 2014 Student Weekend Dates					
14 to 16 Feb	14 to 16 Mar	16 to 18 May	12 to 14 Sep	17 to 19 Oct	14 to 16 Nov

Please see Section 9.4 for information regarding the optional seven (7) days free residential stay.

Note also that as the First Aid weekend will end on the Sunday afternoon, and YS4 will not commence until the Wednesday evening, YS4 students who enrol in the First Aid weekend can have the extra nights from Sunday through to Wednesday as extra free Student Days.

11.4 Residential Learning Period Start and Finish Times

All Residential Learning Periods begin with dinner at 6:00pm on the first day and end with afternoon tea at 3:00pm on the last day. Please plan to arrive in plenty of time to check-in with Reception and to become settled prior to the evening meal.



12 Module Fees and Charges (see following fee table)

12.1 Module Fees

Module fees cover all classes and tuition for the duration of the module, course materials (excluding text books and accessories), outgoing postage costs (for return of assignments, etc) and Goods and Services Tax (GST) where applicable. Module fees also cover all meals and accommodation during:

- The Residential Learning Period of the module;
- Student weekends (optional);
- The seven additional days stay anytime during the module (optional); and
- The Final Assessment Period for YS4

The **Shared Room** is based on three people sharing accommodation in simple rooms, with communal shower/ toilet facilities. Rooms are carpeted, include single beds and/or bunks, a simple cupboard and, in some rooms, a bedside table.

The Mangrove **Arunachala** accommodation is like the Shared Room above, but situated in the building up on the hillside and thus a cheaper option, due to possible inconvenience for some. The **Rocklyn Dorm Room** option is priced the same.

You may also choose to camp or to upgrade to a twin, single or ensuite room. For accommodation upgrades, please book early as these rooms are in limited supply.

Please note:

- The **Standard Module** fee is equivalent to the **Shared Room** fee for each module.
- The **Shared Ensuite** option requires a minimum of three people who have also selected this option; (**but you need to organise your own room-mates prior to booking in**);
- The **Twin Room**, or **Twin Ensuite** options require sharing with someone who has also selected this option, (**but you need to organise your own room-mate prior to booking in**);
- The **Camping** option is equal to the **Arunachala** module fee, the cheapest option available.
- Students who are loud **snorers** and thus unable to share a room have various options, depending upon whether they are enrolling in Semester One, (our summer), or Semester Two, (our winter). Please contact the ashram for information about these options.
- A discount may apply for students who meet specific criteria (Section 12.4). Discounts, when available, are applied as per accommodation selection, except for the Long Term Residents' discount, which applies to the Arunachala Fee option. (See Section 12.4). All fees quoted are in Australian dollars. If your discounted fee comes to less than \$1,000.00, then it is necessary to pay your full module fee at the time of applying. Fees are revised annually and are usually increased.
- Payment of deposits for Mangrove modules can be made by filling in your credit card details on the 1st page of the enrolment application form, or by attaching a cheque or Money Order to your application, or by direct deposit into a bank account (contact us for details).
- Payment of fees at Rocklyn can also be made via credit card or cheque/Money Order, or by direct deposit into a bank account. Students wishing to pay this way should contact Rocklyn for banking details.

LATE MODULE FEES: Module fees are \$100 HIGHER for applications that are NOT RECEIVED BY THE DUE DATE (see Section 12.3). **This \$100 is OVER AND ABOVE each of the fees listed below.** (See Section 11 for due dates)

ON-TIME MODULE FEES							
Module	Arunachala* (Mangrove) & Dorm** (Rocklyn), OR Camping	Shared Room, (OR <i>Standard Module fee</i>)	Twin Room (<i>choose own room mate</i>)	Shared Ensuite (<i>choose own room mates</i>)	Single Room OR Twin Ensuite (<i>choose own room mate</i>)	Single Ensuite	Required DEPOSIT
YS1	\$1,360	\$1,500	\$2,130	\$2,200	\$2,340	\$2,760	\$750
YS2	\$1,780	\$1,920	\$2,550	\$2,620	\$2,760	\$3,180	\$960
YS3	\$1,930	\$2,070	\$2,700	\$2,770	\$2,910	\$3,330	\$1,000
YS4	\$2,840	\$3,050	\$3,995	\$4,100	\$4,310	\$4,940	\$1,000
Total	\$7,910	\$8,540	\$11,375	\$11,690	\$12,320	\$14,210	

* Arunachala refers to the accommodation building located up the Hill at Mangrove.

** The Dorm Room at Rocklyn refers to accommodation in the original building.

12.2 Deposits and Fees

For all modules, the required deposit (see table above, last column), is due by no later than **30 days prior** to the commencement date of the module. **Deposit amounts are as stated above.** Applications for

Enrolment must be accompanied by the correct deposit amount in order to be processed. Deposits received without an accompanying Application for Enrolment form cannot be accepted. Applications and their deposits which are not received by the due date will incur the Additional Module Fee (see below). See Section 11 for due dates.

Due to Government regulations, it is no longer possible to pay full fees in advance of any module, unless an eligibility for discount means that your full fee comes to less than \$1,000.00. For all modules, the balance of module fees must be paid on arrival at the ashram.

12.3 Due Dates, Additional and Late Fees

APPLICATIONS FOR ENROLMENT AND DEPOSITS (See Section 11 for due dates):

The **fully completed**, signed Application for Enrolment form, and the required minimum deposit, must be received by the Enrolments Officer **30 days prior to the commencement date of the module**. Applications for Enrolment must be accompanied by the correct deposit amount in order to be processed.

MODULE FEES ARE HIGHER FOR APPLICATIONS RECEIVED AFTER THE DUE DATE. Applications for Enrolment (and the required deposit) **that are not received** by the Enrolments Officer by 30 days prior to the module commencement date, **will incur an additional module fee of \$100**. The same applies for balance payments that are not received by the 2nd due date, the start date of the module (see below).

PLEASE NOTE: **Due to the preparatory reading required beforehand, applications for enrolment in module YS1, that are received by us less than 3 weeks prior to the commencement date will not be considered.** Applications for Enrolment in all other modules received by the Enrolments Officer less than seven (7) days prior to a module commencement date will not be considered.

BALANCE OF FEES (See Section 11 for due dates): The balance of module fees is **due on arrival on campus for the module commencement date**. If the full balance of fees, including any extra fees related to your enrolment, are not received on the first day of the module, you will not be permitted to take part in that module, and will have your enrolment withdrawn.

Recommencement-related fees are due seven (7) days before the module commencement date.

A LATE FEE of \$50 (GST inclusive) applies if the Recommencement-related fees, together with any surcharges, have not been received by the Module Commencement Date (see Section 11).

For all other fees, a Late Fee applies if the payment is not received by the stated due date.

12.4 Discounts

Discounts are applied as per accommodation selection, except for the Long Term Residents' discount, which applies to the Standard Module Fee rates only. Only one discount is available for each enrolment.

If eligibility for discount means your full module fee is less than \$1,000.00, then your full fee must be paid at the time of applying for enrolment

The available discounts include:

- 30% discount for Satyananda Yoga Academy Affiliated Teachers, or residents of affiliated centres, who have been fully resident there for at least six months.
- 20% discount for Australian aged pensioners (a copy of your aged pension card is required to be attached to your application).
- Low Income Country discounts (Group A – 50% discount, or Group B – 30% discount). (If your country is not listed, please enquire as to which category applies for you.)
- Gift Vouchers.
- Long Term Resident discount: Current residents at either Rocklyn or Mangrove may be entitled to this discount. NOTE: The Arunachala module fee option is applied to Mangrove residents.

If you are experiencing financial hardship and are ineligible for one of the above discounts and government assistance, please contact us to discuss your situation.

12.5 Discounts for Low Income Countries

The following discounts apply to overseas students from countries listed in Group A or B below, due to the low average income relative to Australia. Students from all other countries pay the full module fee.

When determining a Low Income Country discount, where a person has been resident, or has citizenship of more than one country, the country where that person has been resident for at least the past two years is used. A copy of proof of residency is required with your enrolment application.

To receive the Low Income Country discount, the required deposit must be received at least one month prior to the start of the module, and if your discounted fee comes to less than \$1,000.00, then your full fee must be paid at the time of applying. If your full fee is more than \$1,000.00, then the balance of fees

is to be paid on arrival at the ashram for the module. No other discount is available for students receiving a low income country discount. If your country is not listed, please enquire as to which category applies for you. (Note also that if you are receiving the Low Income Country discount on your YS4 module fees, you are also eligible for this same discount on your fees for the First Aid weekend at Mangrove.)

Group “A” Countries (50% Discount):

Afghanistan	Chile	India	Montenegro	Portugal	Thailand
Argentina	China (excluding Hong Kong)	Indonesia	Morocco	Russia	Ukraine
Bosnia-Herzegovina	Colombia	Iran	Nepal	Samoa	Uruguay
Brazil	Croatia	Kazakhstan	Papua New Guinea	Serbia	Vanuatu
Bulgaria	Fiji	Korea, Dem.Rep	Peru	Slovakia	Venezuela
Burma	Greece	Lebanon	Philippines	Solomon Islands	Vietnam
Cambodia	Hungary	Malaysia	Poland	South Africa	
		Mexico		Spain	

Group “B” Countries (30% discount):

Czech Republic	Israel	New Zealand	South Korea
Cyprus	Malta	Slovenia	Taiwan

12.6 Scholarships

Swan Research Institute (SRI) Research Scholarship

SRI sometimes offers a “Research Scholarship in Yoga Education” to assist persons experiencing financial difficulty; adversity or some physical or other disability. The scholarship aims to encourage research and study in the field of Yoga. It is only available to Australian citizens and provides assistance in completing the Diploma of Satyananda Yoga Training. The scholarship pays the course fees for whole or part of the course. More than one scholarship may be awarded each year. Applications close in August and February. For more information and application forms, see the website www.swanresearch.net

12.7 Bedding Hire Fees

Bedding is available for hire from the ashram, if desired. Full bedding includes pillow, sheets, doona, doona cover, blankets and towel. Part bedding is any part thereof. Hire fees are:

Full bedding: \$30.

Overseas students do not have to pay for bedding hire – it is provided free of charge on request.

12.8 Transport Fees

Transport via an ashram vehicle is available in very limited circumstances. Conditions apply. Please contact Reception at the relevant ashram to discuss your requirements. Mangrove’s transport fees for lifts between Gosford and Mangrove range from \$40 to \$60 per person per trip, depending upon the day of the week. For Rocklyn, a taxi service is available for all pickups from either Daylesford, Ballarat or Creswick. Taxi bookings are made through Rocklyn Reception in advance, and payment is made directly to the taxi driver.

12.9 Re-issue of Testamur Fee

If you require a testamur (Statement of Attainment) or Diploma certificate to be re-issued at a later date, there is a fee of \$20.

12.10 Accompanying Children and their Carers

If you need to bring your children with you for the Residential Learning Period of your module, you also need to bring a full-time carer who is not taking part in the module and who is able to take care of all of the needs of the children. Carers of the children of Yogic Studies students are charged as for standard Skills and Lifestyle Stays for the duration of the relevant Residential Learning Period, as follows:

Carers:

Residential fees for carers - \$55.00 per night.

(Note that this fee applies to the standard accommodation only, i.e. up to “Shared Room”, and that a surcharge is involved for more expensive accommodation options).

Children:

Children under 5 years of age - No Charge.

Children aged 5 to 17 years - 50% of the Carer’s fees. *(Charges apply for the first child only; extra children are free of charge.)*

If Carers and children wish to stay for longer than the Residential Learning Period, their stay must be negotiated with our Human Resources Department.

If Carers are accompanying a student who are eligible for the Low Income Country discount, then the Carer will receive that same discount. (See Section 12.5 above).



13 Information for Overseas Students

If you are an overseas students resident in Australia, you are subject to the same academic and financial conditions as Australian and New Zealand students.

Before arriving in Australia, you will need to apply to the Australian Government for a Visa. Full information about Australian visas including application forms is available from the Department of Immigration and Multicultural and Indigenous Affairs (DIMIA) www.immi.gov.au. Please consult this website well before your intended visit.

New Zealanders do not require a visa when entering Australia. Other foreigners require a visa to enter Australia.

There are two visa options for overseas students.

- **Tourist Visa**

Tourist Visas (or "Visitor's" Visas) are generally available for three or six month periods, depending on the circumstances.

Tourist Visas do not permit you to work while in Australia. In some instances an extension of a Tourist Visa is available. However once you arrive in Australia, you cannot apply for any other type of visa.

Students travelling on Tourist Visas may either complete the Diploma by attending the Residential Learning Period and then returning home to complete the home study via the distance option, or by staying residentially on campus for the duration of their visa.

- **Working Holiday Visa**

Working Holiday Visas allow a stay of up to 12 months from the date of first entry to Australia. They are available to people between the ages of 18 and 30 (without dependent children) from certain countries (see list of countries below) to holiday in Australia and to supplement their travel funds through incidental employment.

On this visa, you are allowed to do any kind of work of a temporary or casual nature, but work for more than six months with any one employer is not permitted. Working Holiday Visa holders are permitted to study or train for up to four months and to leave and re-enter Australia for as long as the visa is valid.

This type of visa would enable you to complete the Diploma by the distance option and would also allow you a longer period of residence at the ashram.

- | | | | |
|-----------|-------------------|---------------|-----------------------|
| • Belgium | • Germany | • Italy | • Republic of Ireland |
| • Canada | • Hong Kong | • Japan | • Republic of Korea |
| • Denmark | • Special | • Malta | • Sweden |
| • Estonia | Administrative | • Netherlands | • Taiwan |
| • Finland | Region of the | • Norway | • United Kingdom |
| • France | People's | • Cyprus | |
| | Republic of China | | |

- **Student Visa**

Student Visas are **NOT** available for this qualification

- **Getting to the Ashram from the Airport:**

Please see section 21.3, 21.4 (Mangrove), and 22.3 (Rocklyn), for information on how to travel to the ashram on your arrival in Australia.

- **Currency Exchange**

It is not possible to change currency in the ashram itself, and as both Mangrove and Rocklyn campuses are situated at a considerable distance from the nearest town, it would be necessary to obtain any Australian currency prior to your arrival at the ashram for your module. International airports worldwide generally charge very high rates for currency exchange, so it would be better, if possible, to obtain your Australian currency via a banking institution that offers this service, whether from your own country, or, on your way to the ashram from the airport. If you are travelling to the ashram via an airport shuttle bus, then you will probably not have opportunity to visit a bank on the way, in which case your only option would be to exchange currency at the airport on your arrival. However, please note that at both Mangrove and Rocklyn, it is possible to make any payments via credit card, so long as you have either Visa or Mastercard capability. It is only if you need some ready cash that you would need to change money before arriving at the ashram, so it should be possible to minimise this amount. (Please see Section 20.3 for a link to an online currency converter, if needed.)



14 Interruption of Studies

14.1 Deferral from a Module

If you are unable to complete a module due to unforeseen circumstances, you may request to defer your studies to a later time. Deferring is only available if you have paid all fees associated with your module in full, and if that module has already commenced.

When you defer, the fees that you paid to the Academy for that module are retained and applied to a later intake of the module. Any homework/assessment tasks that you completed as of your deferral date are also credited toward that later module. A fee applies for this process. (Please compare this option to the Voluntary Withdrawal option described in Section 14.3.)

To defer your studies, you must formally apply in writing. Written requests to defer may be sent via email, fax, post or hand-delivery to your coordinator, and/or the Enrolments Officer. Your deferral date is the date that the request was *received* by the Academy. Requests for deferral will result in a non-refundable Deferral Fee of \$75 (GST inclusive) being added to your account, for which you will receive a tax invoice. **You may only request to defer if you have paid your module fees in full, and if the module has already commenced.**

When your request for deferral has been approved, you will be issued with a Notice of Deferral letter, which outlines the assessment tasks you have completed and lists the future modules into which you are eligible to recommence. You will also be provided a Tax Invoice for the amount of the Deferral Fee. Payment of the Tax Invoice must be received within 14 days of the invoice date. Late Fees apply (see Section 12.3).

NOTE: you must apply for recommencement within 3 years of your previous cessation of study. This is the maximum break that is allowed between any two modules of the Diploma course.

Once deferred, you are eligible to recommence into any of the modules that will allow you to complete the module within the required time. (These are stated in the Notice of Deferral.) The structure and composition of the assessment items for the module may be altered during the period of your deferment, and Satyananda Yoga Academy reserves the right to nominate which future assessment items you will be required to submit to complete the module.

PLEASE NOTE: The Completion Date of any module occurs fourteen (14) days after the Last Homework Submission Date for that module. Refer to Section 11 for a list of dates.

For any module, if you are unable to complete the required homework/assessment tasks before the module's Last Homework Submission Date, then you must apply to defer. If you do not apply to defer, in writing, before the module Completion Date, then your enrolment may be automatically withdrawn.

14.2 Recommencement into a Module

When you have deferred from a module, you may recommence your studies in accordance with the deferral procedures detailed above. The fees that you paid to the Academy for the initial enrolment in the module will be applied to the module into which you are recommencing. You will also receive credit for any homework/assessment tasks that were completed in the initial module that are relevant to the module you are recommencing into. You must recommence your studies in synchrony with an existing programmed module.

Application to recommence must be made to the Enrolments Officer by 30 days prior to the start date of the module into which you plan to recommence. The application must be made using a current Application for Enrolment form, i.e. the application for the year in which you are applying to recommence.

You will be required to pay any difference in the Standard Module Fees between when you previously enrolled and the current fee for that module, and you will not be eligible to recommence until all outstanding fees have been paid. Late Fees apply to Recommencement-related fees (see Section 12.3).

Once your recommencement into a module has been approved, you will be issued with a Notice of Recommencement letter, which will outline the assessment tasks that you will need to cover to complete the module. Other relevant information will be provided to you in this letter as well, including homework submission due dates, passwords and any other relevant dates.

Recommencing students who already completed the Residential component during their previous enrolment in that module are not required to attend the Residential a second time. If you do wish to re-attend the Residential in the recommenced module, you will be required to pay the standard ashram residential fee of \$85.00 per night for the duration of your stay, on top of your stated Recommencement Fee.

You are eligible to utilise any of the seven optional days (see Section 9.4) that remain unused from your initial enrolment in the module. You will also be eligible to attend any Student Weekends that occur during the term of your recommenced enrolment.

If you do not complete the respective module within the required timeframe stated in your Notice of Deferral letter, and you have not applied to be formally withdrawn from the module, you will be automatically withdrawn and a Statement of Attainment for all completed units and subjects will be issued.

14.3 Voluntary Withdrawal from a Module

If you are unable to complete a module and don't wish to defer your studies, or if you have enrolled but then find that you are not able to start the module after all, you may request to withdraw from the module. To voluntarily withdraw, you must apply in writing. Written requests to withdraw may be sent via fax, email, post or via hand-delivery. Your deemed withdrawal date will be the date that the written request was *received* by the Academy.

Once withdrawn, you may be entitled to a pro-rata refund, up until 30 days after the start of the module. **Since the amount of your refund is dictated by your withdrawal date, it is in your best interest to submit your written request to withdraw as soon as possible.**

If your date of withdrawal is prior to the module commencement date, you will forfeit the amount of \$75.00 from your refund.

If, however, your date of withdrawal is after the module commencement, but within 30 days from that date, you will forfeit \$75.00 plus the standard ashram residential fee for the number of nights you stayed in the ashram for this module (at \$85.00 per night).

Once withdrawn from the module, you will be eligible for a Statement of Attainment of all completed units and subjects.

If you wish to re-enrol in the module, you will be required to pay the full module fee and undertake all of the assessment items except for those units and subjects deemed to be complete.

14.4 Automatic Withdrawal from a Module

The Academy will automatically withdraw you from the module in the following instances:

- Failure to pay outstanding fees on their account within stated timeframe; or
- Failure to recommence your studies within the stated timeframe; or
- Failure to submit homework in accordance with established submission dates; or
- Failure to respond to requests for communication from the Course Coordinator; or
- Failure to complete required homework/assessment tasks by the module completion date.

If you have been automatically withdrawn from a module, no refunds are available or will be given for any fees paid.

If you wish to re-enrol in the module at a later date, you will need to pay the full fees for the module and undertake all units and subjects, except those deemed to be complete.

14.5 Options if work incomplete at the end of a module

The module's last homework submission date is the **final** possible date for submission of homework and assessments.

If you have not completed all requirements by this date:

- For Yogic Studies modules 1 to 4 – submittable assessment tasks.

Two attempts are allowed in submittable assessment tasks (and a third at a cost of \$50). If still incomplete after the third attempt, you will be deemed "Incomplete" in the subject the assessment task relates to and you will be automatically withdrawn from the module. To continue your studies, you will have to defer and then recommence in a following module and pay all the associated costs. If, on your second enrolment in a module, you are again deemed to be "Incomplete" in a subject at the end of the module, you may not re-enrol unless special approval is given.

- For Yogic Studies module 4 – practical teaching assessments.

If you are given an "Incomplete" in either AT410 (teaching asana, pranayama and meditation class) or AT411 (teaching yoga nidra), you will have the opportunity for re-assessment before the end of module completion date. If you are given an "Incomplete" on re-assessment, you will be deemed "Yet to be competent" in the unit SYA208 "Plan, deliver and evaluate Satyananda classes" and will be automatically withdrawn. You will have to re-enrol in a subsequent module from the beginning, and pay the associated costs.

If you are then given an "Incomplete" in both assessment and subsequent re-assessment on the practical assessments, there are no more opportunities for re-assessment. You will receive a Statement of

Attainment for completed units of competence, but you will not be eligible for the award of the Diploma of Satyananda Yoga Training and you may not re-enrol unless special approval is given.

14.6 Maximum Break Between Modules

Generally, a student is able to complete all four modules of the Diploma course within a two year time frame. You may, however, choose a slower pace for completing the modules. Due to the nature of the course content, certain skills and knowledge may decline or “expire” over time. For this reason, the maximum break or “gap” between completion of one module and commencement of the next within the Diploma course is 36 months (3 years).

15 Refund Policy

15.1 Failure to Provide the Module

If the advertised module:

- does not start on the advertised starting date;
- ceases after the starting date but before it is completed; or
- is not provided in full for any reason,

we will refund you the full amount of the module fee, within two weeks of the default date. The refund will be paid by cheque accompanied by a statement detailing how the amount was calculated.

15.2 Overpayment of Fees

In cases of people overpaying their fees, they will be entitled to a 100% refund of the overpayment.

15.3 Pro-Rata Refunds

If you have voluntarily withdrawn from a module, you may be entitled to receive a pro-rata refund up until 30 days after the start of the module. Please note that, if you are eligible for a refund, you will forfeit an amount from your refund, as described below. To determine your eligibility for a pro-rata refund, you may submit your request for refund, in writing, to the Enrolments Officer, and include:

- 1) Module and Code
- 2) Payments made
- 3) Refund recipient details (i.e. current mailing address and telephone number)

Once the request for refund is received, your eligibility will be assessed and you will be notified of the outcome. **The amount of your refund is determined by your deemed date of withdrawal.** The deemed date of withdrawal will be the date that the Academy *receives* your written request for withdrawal. If your deemed date of withdrawal is:

- **Prior to the start of the module:** you will be entitled to a full refund **less a \$75.00 Withdrawal Fee.**
- **After the start of the module:** you will be entitled to a full refund of payments received less \$75.00, plus the standard ashram residential fee for the number of nights stayed on campus for this module (at \$85.00 per night, plus any additional surcharges relevant to accommodation type).
- **More than 30 days** after the start of the module: **no refund is available.**

If you are eligible, the Academy will remit the refund within 28 days of the date the written request for refund was received. Payment, via cheque, will be made to the person who paid the fees (i.e. the refund recipient).

Refunds on components of the fees other than module fees follow a separate refund policy. Fees for any unutilized aspects of accommodation upgrades, transport and bedding are refunded in full, providing advance notice was given of the intention not to be utilizing those services.

As an alternative, the refund may be credited and applied toward future study undertaken at Satyananda Yoga Academy. **You must use the credited amount within twelve months** (i.e. one year) of the original payment to the Academy.

Any dispute about eligibility for, or the amount of refund due, will be dealt with by the Academy's complaint resolution procedure, with provision for appeal to an independent panel. This agreement does not remove your right to take further action under Australia's consumer protection laws.

15.4 Protection of Student Fees

The Academy complies with the requirements of AQTF 2010 for the protection of student fees by only receiving deposits of no more than \$1,000.00 from individual students prior to module commencement.



16 Rights and Responsibilities

16.1 Respect

The Academy is committed to providing a learning environment that is free from discrimination and harassment, including sexual harassment, victimisation, bullying or racial vilification. You have the right to learn in a safe, supportive environment and to be treated with respect and fairness at all times. The Academy is committed to a wide range of policies designed to ensure these conditions.

You have a responsibility to treat all others with respect and dignity and not to behave in a way that could be seen as threatening, offensive or embarrassing to others. Behaviour that discriminates, harasses or vilifies others on the basis of age, disability, gender, sexual preference or race is illegal and will be subject to action under the Equal Opportunity and Anti-Discrimination Policy. You are expected to comply with reasonable directions from teachers and other ashram staff.

16.2 Personal Relationships between Staff and Students

Personal relationships between students and staff may involve serious difficulties arising from the unequal power of the parties concerned, as well as difficulties in maintaining the appropriate boundaries between professional and personal life. An abuse of trust can occur when educationally-based relationships are destroyed through actions or requests for actions of a non-professional nature. Unprofessional relationships can also result in sexual harassment claims.

The Academy aims to prevent any conflict of interest or abuse of power. It does not totally prohibit such relationships, but strongly advises against such relationships. The policy seeks to manage any actual or potential negative outcomes. It relies on the honesty of both staff and students to self-disclose existence of personal relationships.

16.3 Occupational Health and Safety

The Academy is committed to providing a safe and healthy environment for all. You need to take appropriate measures to ensure your own safety and that of others. To do this, you need to know who your supervisor is in an area of work or karma yoga, to work safely, wear protective clothing if required, to obey all safety signs and to follow all reasonable procedures. You should also ensure that fellow workers or others are not put at risk by your actions.

You must report any hazards or unsafe practices to your work supervisor or Course Coordinator. All accidents, injuries or "near misses" should be reported to Reception and the appropriate forms completed.

16.4 Smoking, Drugs and Alcohol

Both ashrams have a "No Smoking" policy throughout the premises. You are strongly encouraged to refrain from smoking during your stay, but if you need to, you must go well outside the grounds. Alcohol and the use of drugs other than those on prescription are also prohibited. Breaches of this policy may lead to disciplinary procedures.

16.5 Copyright

Satyananda Yoga Academy is committed to fulfilling its legal and moral obligations under copyright law. The Academy operates under Copyright Agency Licence for an educational institution. This allows limited photocopying of educational materials and books. Copyright also extends to software and material obtained from the Internet.

You are required to comply with all notices and directions regarding the copying of materials provided by the Academy, including items on loan from the library. Failure to comply with these directives may result in the infringement of copyright law. Any breach to this policy will result in disciplinary action. Further information about copyright is available from reception or administration.

All material provided to students throughout their study remains the copyright of Satyananda Yoga Academy and may not be reproduced or distributed in any way without the express written permission of Satyananda Yoga Academy.

Much of the material used in course notes and handouts is derived from **Bihar School of Yoga** publications published by Yoga Publications Trust. This material is used with permission of the publishers and this permission does not extend to use by students other than the standard provision for fair dealing usage for research or study.

Notes taken by students during classroom lectures and or exercises are not to be used for commercial purposes.

16.6 Trademarks

It is important that the authenticity and traditional teachings of yoga, sannyasa and spiritual life as taught by Paramahansa Satyananda Saraswati and his lineage are maintained. The Satyananda Yoga trademarks should be regarded as a way of ensuring that the inherent goodwill and value associated with these teachings cannot be diminished through unauthorised usage.

For this reason the terms (words) and logos specifically associated with Satyananda Yoga are trademarked terms. The use of the trademark terms, in the course of trade, requires approval from Satyananda Yoga Academy in writing. You are not permitted to use the trademarks without receiving written approval from Satyananda Yoga Academy.

“Satyananda Yoga”, “Bihar Yoga”, “International Yoga Fellowship Movement”, “Satyananda Yoga Nidra” and “Antar Mouna” are trademarks of IYFM used under licence by Satyananda Yoga Academy.

Satyananda Yoga Academy Accredited Teachers are authorised through their accreditation agreement to use the trademarked terms “Satyananda Yoga”, “Satyananda”, “Satyananda Yoga Nidra” and “Antar Mouna” on a restricted basis.

Satyananda Yoga Academy affiliates are permitted to use the trademarks including the “Satyananda Yoga” logo more freely in the course of their teaching.

16.7 Photographs

The Academy (or Yoga Association of Mangrove Mountain & Yoga Association of Victoria) may at times record, photograph and/or video any of the activities at or, adjacent to, the ashrams. The Academy reserves the right to use any such recording or photograph in its publications, advertising and displays without obtaining further consent from course participants.

You may grant or deny permission for the use of such recordings, photographs or videotapes via the Application for Enrolment form. In granting permission, you release Satyananda Yoga Mangrove, Satyananda Yoga Rocklyn and Satyananda Yoga Academy from any liability in connection with any such use of recordings, photographs and/or videotapes.

16.8 Computer Code of Conduct

To ensure ethical use of academy computers, you are required to adhere to the following Code of Conduct:

I understand:

- that the Satyananda Yoga Academy has provided access to computer, internet and e-mail facilities for the purpose of enhancing learning and that they are to be used primarily for this purpose;
- that the Academy reserves the right to modify, reduce, restrict or cancel access to these facilities;
- that the Academy cannot be held responsible for any modifications, loss or misappropriation of information from personal files made by other users

I agree:

- to treat all equipment with care and respect, and report any damage or irregularities to my Course Coordinator as soon as possible
- to respect others' rights to privacy and refrain from the viewing or use of files or documents created by others without their permission
- to abide by the laws of copyright and understand that the plagiarism of information created by others without their permission may be deemed as an infringement of this law
- to refrain from making any alterations to computer settings without prior permission and to abstain from downloading any software or installing additional programs
- to abide by software licensing laws and not illegally copy any licensed software
- I understand and authorise the Academy to monitor, record, view, copy and log all electronic traffic that I directly or indirectly generate

Should you have any queries or concerns, or require any further clarification with regards to this Code of Conduct, please contact your Course Coordinator.

16.9 Attendance

Regular and punctual attendance is essential for successful completion of the module. Attendance rolls are kept for all course activities. You are asked to be in attendance five minutes prior to the start of a session. You need to attend a minimum of 80% of all required sessions to complete the subject requirements.

16.10 Code of Practice

The Academy operates under the Standards for Registered Training Organisations which safeguard the interests and welfare of students and is committed to the maintenance of high professional standards in its delivery of educational services.

16.11 Disciplinary Procedures

Breaches of educational or behaviour requirements may result in disciplinary actions. For minor breaches, a warning or reprimand may be issued, or an apology required. Serious or repeated breaches may result in a written agreement for behaviour changes and a time for review. Failure to comply with this agreement may result in termination of enrolment.

16.12 Privacy Statement

Protecting your privacy and personal information is important to us. Our Records Policy supports and endorses the state and national privacy standards which govern collection, maintenance and disclosure of such information.

It is necessary for Satyananda Yoga Academy to collect certain personal information from you so that we may offer you effective and efficient service. "Personal" information is information about you of a private nature that is not public knowledge. This includes your name, address, date of birth, telephone contacts and employment or family details.

Such information will be stored securely, be accessed only by Academy staff with a legitimate need, and disclosed to third parties only in accordance with the purpose for which it was collected, to comply with any law, or as required by the Standards for Registered Training Organisations.

"Sensitive personal" information is personal information, relating to your racial or ethnic origins, financial status, economic or geographical disadvantage. This is collected by the Academy to enable us to ensure we are meeting our commitments to equity and access in our provision of services. This information will be extracted from enrolment information without identifying details.

"Health" information is information about your physical or mental health, current or past medical or psychological conditions, or disabilities. The Academy collects this information to enable individual needs, disabilities or special requirements to be met in teaching, dietary requirements or facilities. This information will be stored confidentially with access restricted to specified Academy personnel, and will only be disclosed to a third party with your written consent.

All personal information will be deleted from our system when it is no longer required. You can gain access to the personal information we have about you and provide any necessary corrections by contacting your Course Coordinator.

We have implemented technology and security systems, policies and measures to protect the personal information that we have under our control from: unauthorized access, improper uses, alteration, unlawful or accidental destruction and accidental loss.

If you are on Austudy or other Centrelink benefit, we are obliged to report on your attendance if requested by Centrelink.

16.13 Welfare and Guidance Services

Your Course Coordinator is your first point of contact for academic or personal issues. The Student Welfare Officer is available for short-term counselling and support (free of charge) during the residential learning period at Mangrove; (telephone support at Rocklyn). Contact can be arranged through your Course Coordinator. If you have indicated on your enrolment form that you have physical or mental health issues, the Student Welfare Officer may contact you prior to enrolment and meet with you at the start of the residential. If required, referral to outside agencies may be arranged.

Peer support, interaction and exchange are encouraged by the Academy and when not in residence, you can keep in touch with fellow students and staff through an internet 'community website'.



17 Ashram Life

The experience of living at an ashram is an essential component of this course, whether for the few weeks of the Residential Learning Period or for a longer stay. Ashram life is based on a simple yogic lifestyle adapted to modern times.

Both ashrams are located in a country environment that provides a healthy, relaxing and refreshing change to most people's usual city lifestyle. All meals are vegetarian.

Some of the requirements of ashram life you need to know about are as follows:

17.1 Karma Yoga

Karma yoga is an essential component of a yogic lifestyle. Karma yoga is any action performed with awareness and without attachment to the result. It can be described as meditation in action. It provides an opportunity for you to watch your thoughts and reactions. It assists in the development of an attitude of non-attachment which allows you to be less affected by the response of others and the outcome of events.

Everyone contributes to the running of the ashram in the spirit of service through karma yoga. You will help to prepare food, work in the garden, or assist in computer or office-based tasks. You will be rostered to assist with daily cleaning and meal cleanups.

17.2 Kirtan

Kirtan is the practice of antiphonal (call and response) chanting of aspirational phrases to music, and is practised regularly as a part of the yogic lifestyle at the ashrams. The emotional expression supported through the continuous chanting expands the consciousness and the practice harmonises emotion and intellect as well as releasing emotional tension, bringing about a state of tranquillity.

17.3 Silence (Mauna)

Observing mauna is an important experiential component of life at the Ashram, as it provides conditions conducive for self-reflection and observation, as well as for study, meditation or simply rest.

At both the Mangrove and Rocklyn ashrams, mauna is practised daily from the end of the evening program until after breakfast (7.30am) the next morning. It is also observed on Wednesdays during all meals and tea breaks.

17.4 Respect for Sadhana Halls

The sadhana halls are areas set aside for yoga practice. Please feel free to use the space outside of program times for your own practice, meditation or contemplation. However, to maintain an atmosphere that is conducive to practice, please maintain quietness in the halls and verandas and respect the space.

17.5 Sleep

One of the important principles of the ashram is developing regular patterns in both work and rest. As the first activity of the day starts at 5.30am, you are expected to return to your room by 9pm and put lights out by 10pm.

17.6 Dress in the Ashram

One of the key principles in ashram life is to cultivate simplicity in living and this principle is expressed in the way we dress. You are requested to respect the fact that you are learning within a special environment by dressing modestly and by limiting the use of jewellery, make up, after shaves and perfumes. Skimpy, tight clothing is not appropriate. Shirts must not be removed, even if working in hot weather.

If you have taken sannyasa or received mantra diksha, you are expected to wear the colour appropriate to your degree of initiation while at the ashram – white for mantra diksha, yellow for Jignasu, and geru for Karma and Poorna sannyasa.

As well as being the colour for mantra initiation, the colour white can also be worn by students, as it represents a new beginning. You are invited to dress in white during your residential stay but should not feel compelled to do so.



18 Academic Life

18.1 Induction

Each module commences with a Residential Learning Period, at the beginning of which you will receive an induction program. This introduces you to the staff and facilities of the ashram, and to the daily program of yogic practices and lifestyle. You will receive the residential timetable showing class times and topics, teaching staff and location of teaching facilities. As well, you will receive a module folder containing detailed information on the course, handouts and assessment requirements.

The induction gives details of the Academy's policies that affect you as a student. These include information on discrimination and harassment, copyright obligations and health and safety requirements. By signing the Application form for each module, you indicate your agreement to comply with the Academy's policies and requirements.

18.2 Teaching Methods

The Academy is committed to a learner-centred approach to training. During the Residential Learning Period, a typical day starts with an early morning asana and pranayama session at 5.30am. This class is reviewed after breakfast and is followed by theory lectures in the morning. Yoga Nidra (relaxation meditation) is usually held before lunch and the afternoon is devoted to the more practical sessions. After dinner, there is an evening class or kirtan (chanting).

Following the Residential Learning Period, there are flexible learning options of continued residential stay or study via distance education.

18.3 Teaching Staff

All teaching staff at Satyananda Yoga Academy have Level 2 qualifications in Satyananda Yoga teaching and extensive experience in yoga teaching. They all have Certificate IV in Assessment and Workplace Training, or are under the supervision of a teacher with this qualification. In addition, many have professional teaching qualifications or specialist degrees in their subject areas. See the staff list at the end of this Handbook.

18.4 Assessment Methods

Assessment is focussed on outcome and on the achievement of learning objectives. It is an integrated part of the teaching and learning process, contributing to it rather than being separate from it. Assessment practices are flexible where required and seek to cater for a range of physical abilities.

Assessment is competency-based. You will be informed of all assessment procedures, the standard required for successful completion and the results of all assessment tasks. Specific course assessment information will be provided during the student induction process at the outset of a course. You will be given feedback on your performance.

For most modules, the assessment tasks consist of:

- Attendance at classes during the Residential Learning Period
- Assessment tasks during the Residential Learning Period
- Successful completion of all quizzes throughout the module
- Submission of all records of home practice during the module
- Assignments and home study tasks
- Ongoing and final assessments, both practical and theory, where relevant

Assignments, home study tasks, quizzes and records of home practice are an integral component of all units. All of these assessment tasks must be completed in order to satisfy the requirements for a subject. If an assessment task does not meet the required standard, it will be returned as “incomplete”.

Detailed guidance on the submission of homework/assessment tasks is provided during the Residential Learning Period of the module.

18.5 Appeals, Complaints and Grievance Procedures

Satyananda Yoga Academy is committed to a fair and just system for responding to complaints and grievances from its staff and trainees. This policy ensures complaints are dealt with sensitively, confidentially, effectively and promptly. If you are unable to resolve an issue by yourself or with informal assistance, the formal complaint process can be activated by contacting the Grievance Officer.

If mediation by the Grievance Officer does not resolve the issue, there is provision for appeal to an independent panel or person. The independent panel or person will be appointed by the Academy's Coordination Team and shall not have had previous involvement with the grounds for the complaint. The person or panel may draw on independent outside expertise as required. This may include an approach to Satyananda Yoga Teachers Association Inc (SYTA) or a professional dispute resolution service. The appointed independent panel or person's decision will be binding on all parties.

There is no cost to you in the complaints resolution process. The procedure provides for each complaint, appeal or grievance to be resolved promptly and for its outcome to be recorded in writing. Each appellant has the opportunity to formally present their case and to be given a written statement of the outcome.



19 Saraswati Library

19.1 Off-site loans

- To become eligible for off-site loans, students pay a \$50 bond to the Academy. This bond will be returned upon request if the student is not planning to borrow any further loan items. The bond will be retained should items either not be returned or returned damaged. The bond may be paid at Reception.

- The bond will also serve as payment for any postage charges to send books. The rate calculated for sending books will be as per our publications arrangements. Payments for sending the books will be deducted from the \$50 bond until it reduces to \$25 after which it will need to be topped up with a further \$25.
- All borrowers are responsible for the postage and packing costs both in the sending and returning of any items borrowed.
- Requests for loans can be made by email: library@satyananda.net, telephone or letter, email is preferred. An email will be sent confirming the loan availability along with loan guidelines



20 Residential Centres (Ashrams)

The residential centres are the two major Satyananda Yoga ashrams in NSW and Victoria. As ashrams, (places of spiritual retreat), they combine both intellectual and experiential learning. They aim for holistic growth with an emphasis on mental and spiritual development.

Living in the ashram during your course offers a unique opportunity for you to experience life in a yogic community.

Staying in the ashram:

- provides you with a period of intense self transformation
- gives you the tools to build a strong yogic lifestyle
- helps you develop a discipline of daily yoga and meditation practice
- provides an understanding of the principles of karma yoga, the key to selfless service
- assists you in learning more about cooperation in a community setting
- allows you to gain useful life skills including building, gardening, cooking and administration

20.1 What to Bring

You are asked to bring the following items for your stay at either ashram:

- Bedding: sheets, blankets/sleeping bags, pillows etc. Bedding is available for hire, if desired
- Clothing suitable for yoga practices
- Protection from the sun, rain, heat and cold, as appropriate to the time of year
- **Protective clothing for outdoor work** (i.e. gardening), including
 - sturdy enclosed shoes,
 - long-sleeve shirt,
 - long pants and
 - a hat
- Slip-on shoes for general use
- Covered shoes (for the kitchen)
- Work boots or gumboots
- Swimming costume (in warmer months)
- Toiletries and towel
- Torch, alarm clock, mosquito repellent, sun screen, water bottle
- Umbrella or waterproof coat
- Lecture pad, pens, pencils, etc
- MP3 players or memory stick (a recommended minimum of 8 GB capacity)
- There is no problem over drinking coffee in the ashram, but you need to bring your own, as the ashram only provides tea.
- If coming in winter, we recommend that you bring a hot water bottle.

PLEASE NOTE: If you do not have appropriate protective clothing and shoes, you may not be able to participate in some of the required activities during the Residential Learning Period and therefore will not be able to complete that module as planned.

20.2 Cost of Living while Resident at the Ashram

It is relatively easy to keep your living expenses low while living at the ashram. Some of the costs you may encounter are as follows:

- Module Fees - See Section 12.
- Residential Fees - outside of a module's Residential Learning Period - See Section 9.2.

- Bedding Fee – if you need to borrow bedding from the ashram - \$30 per four week period (see Section 12.7).
- Transport: It is often fairly easy to find a ride with someone who may already be going to Sydney or Gosford (Mangrove), Ballarat, Melbourne or Daylesford (Rocklyn) – see Section 12.8.

Rocklyn – If a special ride needs to be arranged, a local taxi service is available.

Mangrove – There is no charge for a ride to the local bus stop. The bus fare to Gosford is approximately \$9. In extenuating circumstances, a special trip to Gosford may be arranged at a fee which varies depending on the day of the week and time of day, starting from \$40. Please see Section 21.4 for information on airport to ashram options.

- Attendance at additional Short Courses – if you wish to participate in other courses running at the ashram – weekend courses start from \$270.
- Personal Expenses - clothing, toiletries, medical etc – \$5 - \$25 per week.
- Books, stationery – \$30-\$200 per module.
- Library Fee - \$50 deposit required which is refundable.
- Telephone Calls – determined by your individual usage.
- Discretionary Spending – any items you wish to purchase when travelling outside the ashram.

Computer and internet access are included in module and residential fees.

This cost of living information provided is indicative only, and is not a definitive assessment of the costs incurred by students.

20.3 Currency Conversion

To convert fees and costs into another currency, you may wish to use the OANDA currency converter located on the web at <http://www.oanda.com/converter/classic>



21 Satyananda Yoga Mangrove

21.1 Location

Satyananda Yoga Mangrove is located in a quiet country valley amongst natural bushland on Mangrove Creek, a tidal stream that joins the Hawkesbury River at Spencer. The extensive grounds and gardens offer numerous little hidden nooks for sitting, reading or enjoying the sun. There are wallabies and lyrebirds, misty mornings and glorious afternoons, great walks and swimming as well as the space to unwind and rest.

The nearest towns are the small villages of Spencer and Mangrove Mountain, each 20 minutes drive away. They each have only a general store/post office. There is an Occasional Child Day Care facility at Mangrove Mountain.

The Mangrove ashram is 40 minutes west of Gosford, which is the major service centre of the Central Coast region. The city of Gosford has a full range of services, including banking, medical and dental services.

By road, the Mangrove ashram is about one and a half hours north of Sydney and about one and a half hours south of Newcastle.

21.2 Directions

From Sydney:

Take the Peats Ridge exit off the F3 Freeway, which is the next exit after the Mt White exit. Keep left on the freeway exit. After 14.9 kilometres, turn left onto George Downes Drive marked “Central Mangrove & Wisemans Ferry”. 2.4 km later, turn left onto Wisemans Ferry Road marked “Mangrove Mountain & Wisemans Ferry”. After 16.2km, turn right onto Mangrove Creek Road. Travel 3.1km and on the right is Satyananda Yoga Mangrove. (N.B. the property “Greengrove” is **not** the yoga centre.)

From Newcastle:

Take the Peats Ridge exit off the F3 Freeway at the Somersby interchange and then take the second exit marked “Gosford/Wiseman’s Ferry”. Turn right at the T-intersection onto Wiseman’s Ferry Road. After 21 km, turn right onto Mangrove Creek Road. Travel 3.1 km and on the right is Satyananda Yoga Mangrove. (N.B. the property “Greengrove” is **not** the yoga centre.)

21.3 Public Transport

The nearest train station is at Gosford. Regular services operate between Sydney and Gosford, and Newcastle and Gosford. Information on timetables and fares may be obtained by contacting Transport Infoline, Gosford Station or on the Internet at www.cityrail.nsw.gov.au. Please contact the ashram for advice on transport from Gosford station.

Enrolled students who are Australian citizens, or Permanent Residents of Australia, and who reside in either NSW or the ACT, are eligible to receive a NSW Student Transport Concession card. These cards last for the duration of the relevant module, and can be applied for and received during the module Residentials at Mangrove Ashram. They are no longer affected by a student's employment or income status.

21.4 Airport to Ashram options

A local shuttle service provides door-to-door transport from the Arrivals area of Sydney airport (both International and Domestic terminals) to the Mangrove Ashram. They also do pickups from hotels in Sydney. You would need to book this yourself, and in advance, so please get in touch with the ashram for current contact details. At the time of putting out this handbook, shuttle fares are \$100.00 one way or \$180.00 return.

While the airport shuttle is certainly the most convenient means of transport, a cheaper option can be by train from Sydney airport to Gosford. It is possible to book your train ticket at the airport to go all the way to Gosford (at a cost in the region of \$21.00), but you would need to change trains at Central Station in the city, and get on the Northern Line from Central to Gosford Station. On arrival at Gosford, and depending upon the time of day and day of the week that you are arriving, you can either connect with a bus from the Gosford Train Station to quite close to the ashram. The ashram would then arrange a pickup by car from either the bus stop or the train station, depending on the circumstances. This would also need to be arranged in advance with the Reception office.

Please note that if your flight arrival time in Sydney is late at night, you may need to stay overnight in Sydney and plan to travel to the ashram the following day. We may be able to put you in touch with an accommodation option in the city, so please contact us if this is required.

21.5 Ashram Facilities

Three hot meals a day are provided, as well as a cup of tea and fruit for morning and afternoon tea. The menu is tasty, nutritious and vegetarian. If you have special dietary requirements, you should indicate your needs when you enrol so that the ashram can assess to what extent they can be met.

There are laundry facilities with coin-operated automatic washing machines and dryer for student use. The water supply is from spring, rainwater collection and dam. Water restrictions are sometimes required during dry periods and you are asked to conserve water at all times.

Mobile phones do not work due to the location of the ashram, but a public phone is available. Email connection via the internet is available for student use. Ordinary mail may be received and sent from the ashram.

21.6 Teaching Facilities

There are three main halls (sadhana rooms) where classes and lectures are held. The atmosphere reflects the simple yogic lifestyle. There is minimal furniture, seating is on the floor and small wooden desks can be used by students to assist in note taking. Blankets and cushions are provided in the room for your use in practical classes.

A student room equipped with computer terminals is available from 9am to 7pm. You are asked to store personal data on your own memory key/removable storage disc (available from the bookshop). Photocopying facilities may be available on request.

The Saraswati library has all the texts and reference material required for your studies. It holds a unique and comprehensive range of yogic, spiritual and associated texts. (See Section 19) Textbooks, clothing and other items may be purchased from the ashram bookshop.



22 Satyananda Yoga Rocklyn

22.1 Location

The nearest town is Daylesford, 15 min drive away. This is a reasonable sized town and has most facilities, including post office, chemist, newsagent, EFTPOS, banking and food stores. The major regional centre of Ballarat is a 40 min drive. The ashram is 1¼ hour drive west of Melbourne, the capital city of Victoria.

22.2 Directions

From Melbourne: Take the Western Freeway and turn off at the Ballan-Daylesford exit, which is the first exit after the BP Service Station. Take the road towards Daylesford; follow this for approximately 22km. At Leonard's Hill, after passing a red "Reduce Speed" sign, turn left at the brown "Yoga Ashram" sign and follow the signs along the dirt road for 7km until you come to the ashram.

22.3 Public Transport

Several trains a day run from Melbourne to Ballarat, and once daily to Creswick. A shuttle bus runs from Tullamarine airport in Melbourne to Ballarat and Creswick. (See www.yogavic.org.au for the Shuttle Bus timetable). A taxi service is provided for all pick ups from either Daylesford, Ballarat or Creswick. Taxi bookings are made directly with the taxi driver (phone 03 – 5345 2777). Daylesford taxis are readily available in the main street of Daylesford. Payment is made directly to the taxi driver.

22.4 Ashram Facilities

The dormitories are made from mud brick or rammed earth and are comfortable and cosy, with rooms usually shared by two or three people. During Yogic Studies, students may share a room for the Residential Learning Period, or, you may camp, or, if available, upgrade to a single, twin or ensuite room if desired. For accommodation upgrades, please book early as these rooms are in limited supply. Communal shower/toilet facilities are located indoors in the accommodation buildings.

Three meals a day are provided, as well as a cup of tea and fruit for morning and afternoon tea. The menu is tasty, nutritious and vegetarian, and mostly from the Ashram garden. If you have special dietary requirements, please indicate your needs when you enrol so that the ashram can assess to what extent they can be met. You may be asked to provide an item that is not provided by the ashram.

There are laundry facilities with automatic washing machines and clothes lines for student use. The water supply is from rainwater and bore well. Water restrictions are sometimes required during dry periods and you are asked to conserve water at all times.

The ashram has been declared a mobile-free zone. If you need to make a mobile phone call, this can be done outside the ashram. There is a public phone on which calls may be received at certain times. Please supply your own phone cards. Email connection via the internet is available for student use. Ordinary mail may be received and sent from the ashram.

22.5 Teaching Facilities

There are two large, heated sadhana halls used for all teaching sessions.

A student room equipped with computer terminals is available at specified times. You are asked to store personal data on your own memory key. Photocopying facilities are available on request. The library has all the texts and reference material required for your studies. It holds a unique and comprehensive range of yogic, spiritual and associated texts. Textbooks, clothing and other items may be purchased from the ashram bookshop.



23 Government Assistance for Australian Students

As the Diploma of Satyananda Yoga Training is a nationally recognised training course, Australian citizens, or those with permanent resident status, may be eligible for financial assistance from the Government for undertaking this course. Providing you fit the criteria for assistance, this assistance is available for both full residential and distance options.

PLEASE NOTE: New Zealand citizens arriving in Australia after 26 May 2001 are now required to become Australian citizens or obtain permanent resident status **and** fulfil a two year waiting period to qualify for Centrelink benefits.

Many of the Government assistance programs require students to be full-time. Students who do not complete homework, assignments and/or ongoing assessments are classed as not meeting the full-time requirement as soon as the amount of work they submit falls below 75%. If you receive Government assistance and subsequently it is found that you have not met the Government requirements, you are most likely to be asked by Centrelink to refund all or some of the payments you have received.

Please be aware that the Academy is required to report to Centrelink regarding student participation levels at the end of each semester. For reporting purposes, each module ends as of the Module Completion Date listed in Section 11. Students who submit work, or who have yet to complete assessment tasks, beyond the Module Completion Date, are not considered to be enrolled for Centrelink reporting purposes.

Our Centrelink reference number is **2P653**. The following benefits may be available:

23.1 Austudy

Austudy payment provides assistance for full-time students aged 25 years and older who are undertaking an approved course of education. You are considered independent so there is no Parental Means Test, but you must meet a personal (and partner) income and assets test.

If you are in receipt of Austudy, please note that, unless you are enrolled in the subsequent module, your enrolment and therefore your Austudy payment ceases at the end of the module that you are enrolled in.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/austudy.htm>

23.2 Youth Allowance

Youth Allowance provides assistance for students under the age of 25 years. Youth Allowance is based on the parents' financial situation unless the student is classified as belonging to one of the Youth Allowance 'independent' categories. If you are considered 'independent' under Youth Allowance, your parents' income does not affect your rate of pay.

Youth Allowance recipients may also be eligible for an advance payment of their benefit to help meet course enrolment costs.

For further details: http://www.centrelink.gov.au/internet/internet.nsf/payments/youth_allow.htm

23.3 Abstudy

Abstudy is available for Indigenous students. It consists of a fortnightly living allowance as well as additional components to help with the costs associated with attending school.

Payment amounts depend on the nature of the course, your age, whether you need to live away from home, whether Abstudy considers you to be dependent or independent, and how much you and your partner or your parents/guardians earn.

There is an income and assets test for this assistance. Rent Assistance may also be available.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/abstudy.htm>

23.4 Pension Education Supplement

Students who are receiving a Disability Support Pension or the Parent Payment are eligible for a Pension Education Supplement. The supplement is paid fortnightly and the amount of the supplement depends on your study load.

If you were previously receiving Pensioner Education Supplement immediately prior to 1 July 2006, and are continuing the same course and are now receiving Newstart Allowance or Youth Allowance, under certain circumstances you may continue to receive the Pensioner Education Supplement.

The Pensioner Education Supplement is a non-taxable payment and does not have an income or assets tests.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/pes.htm>

23.5 Newstart Allowance

If you are unemployed, Newstart Allowance helps you while you are looking for work and allows you to participate in activities designed to increase your chances of finding work.

You may get Newstart Allowance if you are aged 21 or over and under Age Pension age, are unemployed (which may include part time work), are willing to undertake suitable paid employment and are prepared to enter into, comply or vary an existing Activity Agreement to fulfil the activity test.

One of the activities that may be contained in an agreement is vocational education or training. Students may also be eligible for assistance with course fees. Rent Assistance may also be available.

For further details: <http://www.centrelink.gov.au/internet/internet.nsf/payments/newstart.htm>

23.6 Rent Assistance

If you are studying full time and eligible for one of the above benefits (other than Austudy), and resident at an ashram, two thirds of the residential fee payment is considered to be rent and therefore entitles you to a further benefit from the government in the form of rent assistance.

For further details: http://www.centrelink.gov.au/internet/internet.nsf/payments/rent_assistance.htm



24 Satyananda Yoga Academy Staff

Education Staff:

- Education Director: Swami Kriyatmananda, B.Econ, Yoga Teacher Level 2, Cert IV TAE
- Yogic Studies Director: Swami Yogasandhan, Dip. SYT, Cert IV TAE
- Course Developer: Swami Karmayogini, B.Sc., PG Dip. Physiotherapy, Yoga Teacher Level 2, Cert IV TAE
- Yogic Studies 1 Course Coordinators: Swami Gurupremananda, Yoga Teacher Level 2, Cert IV TAE, and Maitri, Diploma SYT, Yoga Teacher Level 2, Cert IV SMB.
- Yogic Studies 2 Course Coordinators: Swami Premkranti, B.A, Dip ESL teaching, Yoga Teacher Level 2, Cert IV TAE, and Swami Devamaya, Yoga Teacher Level 2, Cert IV AWT
- Yogic Studies 3 Course Coordinator: Swami Devamaya, Yoga Teacher Level 2, Cert IV AWT
- Yogic Studies 4 Course Coordinator: Swami Premkranti, B.A, Dip ESL teaching, Yoga Teacher Level 2, Cert IV TAE
- Rocklyn Ashram Director: Swami Atmamuktananda, Acharya (Master of Yoga), Cert IV AWT
- Rocklyn Education Officer / Course Coordinator: Swami Shubhatma, Dip Massage, Yoga Teacher Level 2, Cert IV TAE. Dip. SYT.

In addition to the listed roles, all above staff are teachers and assessors.

Visiting Teaching Staff:

- Dr Rishi Vivekananda, MB, BS, DPM (Psychiatrist), Acharya (Master of Yoga)
- Swami Satyadharma, MA, Acharya (Master of Yoga), (Director of Undergraduate Studies, Bihar Yoga Bharati, India)
- Swami Omteerthananda, B. Health Science, B. Nursing, Yoga Teacher Level 2, Cert IV AWT
- Swami Jivancharu, B. Social Work, Certificate of General Nursing, Dip. SYT, Yoga Teacher Level 2, Cert IV AWT

Education Support Staff:

- Academic Registrar: Swami Muktimurti
- Education Administration Officer: Sannyasi Shalini
- Assessment Validation Officer: Swami Premkranti, B.A, Dip ESL Teaching, Yoga Teacher Level 2, Cert IV TAE
- Quality Assurance Officer: Sannyasi Dharmadeva, M.A., M.Psych, Cert Yogic Studies 2, Cert IV
- Grievance Officer: Swami Sumitrananda: Acharya (Master of Yoga)
- Student Welfare Officer: Swami Sumitrananda: Acharya (Master of Yoga)

Administration Staff:

- Executive Officer: Sannyasi Sadashiva
- Administration Director: Swami Jayatma, Dip Herb, Dip Massage, Dip. SYT, Yoga Teacher Level 2
- Reception: Katherine Bagnall, JP





SATYANANDA YOGA ACADEMY

ABN 12-075-357-818

APPLICATION FOR ENROLMENT Yogic Studies and Teacher Training Modules

Academic Year 2014

PART I - NOTE: Entry into the modules is competitive. You will be notified if your application is successful. Please ensure that **ALL** questions are answered in full.

- Surname _____ Given name _____
(First-time students **must** include proof of legal name with application)
- Initiation name (if applicable) _____ Initiation type (if applicable) _____

Module (Tick One)

Module Name	Start Date	Location	Type of Enrolment *	
<input type="checkbox"/> Yogic Studies 1	05 Jan 14	Rocklyn	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing (if previously deferred)
<input type="checkbox"/> Yogic Studies 1	07 Jan 14	Mangrove	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing
<input type="checkbox"/> Yogic Studies 1	19 Jun 14	Mangrove	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing
<input type="checkbox"/> Yogic Studies 2	23 Jan 14	Mangrove	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing
<input type="checkbox"/> Yogic Studies 2	13 Jul 14	Rocklyn	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing
<input type="checkbox"/> Yogic Studies 2	14 Jul 14	Mangrove	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing
<input type="checkbox"/> Yogic Studies 3	11 Feb 14	Mangrove	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing
<input type="checkbox"/> Yogic Studies 4	30 Jul 14	Mangrove	<input type="checkbox"/> New	<input type="checkbox"/> Recommencing

Please affix one
Passport style
photograph

This is
compulsory for
all applications, and
for **each** module

* Tick Recommencing ONLY if you have previously deferred from this module. Student ID# _____

Accommodation and Dietary Requirements

- Please see Section 12 of the handbook for module fees and **indicate your preferred accommodation option**:
 Dormitory (Rocklyn only) Shared Room Twin Room Single Room Camping
(same fee as for Arunachala)
 Arunachala Bldg (Mangrove) Shared ensuite Twin ensuite Single ensuite
- Do you have any special needs accommodation requirements? No Yes If yes, please describe: _____
- Do you have any medically advised dietary requirements? No Yes If yes, please describe: _____

Discount & Payment Details

(NOTE: Deposit is required for processing of application.)

- I am eligible for the following discount: Low Income Country "A" Low Income Country "B"
 30% SYA Affiliated Centre Resident 20% Aged Pension Long Term Ashram Resident
 Make cheques and money orders payable to "**Satyananda Yoga Academy**" in Australian Dollars only.
- Tick one: Cheque/Money Order No.. _____ Credit Card: M/C Visa Bankcard
 - Payment now being made \$AUS _____ Name on credit card _____
 - Card No. _____ Expiry date _____
 - Signed _____ Date _____

(Payment of fees can also be made via direct deposit into a bank account. Contact relevant campus for banking details.)

Satyananda Yoga Academy Building Fund

- I wish to make a donation of \$ _____ AUD to the SYA Building Fund. Please charge my credit card.
(Donations of \$2.00 and over are tax deductible. A separate receipt will be issued for your donation.) Thank you.

Office Use Only

This Application is: Not Approved Approved
 Education Director's Signature: _____
 Date Approved: _____
 Discount % Approved: _____
 Discount Approved by: _____
 Is student attending Residential? _____

Module Fee for Option: \$ _____
 Less: Approved Discount \$ _____
 Plus: Additional Module Fee: \$ _____
 Plus: Resource Folder Fee: \$ _____
 Plus: Late Fee \$ _____
 Total Fees Due \$ _____

PART I (Continued) Please ensure that ALL questions are answered in full

- Residential address _____ Suburb or town _____
- State or province _____ Postcode _____ Country _____
- Mailing address (if different from above) _____
- Female Male Date of birth _____ Country of birth _____
- Nationality _____
- If coming from overseas, please advise the category of your visa: _____
(**Students coming from overseas, please pay special attention to section 13 of the Course Handbook**)
- Are you of Aboriginal origin? Yes No Or of Torres Strait Island origin? Yes No
- Home Phone _____ Work _____ Mobile _____
- Email Address (please print clearly) _____ @ _____
- Name of person to be contacted in an emergency _____
- Phone no _____ Relationship _____
- Do you intend to stay longer than one month following the Residential Learning dates of the module? Yes No
- If so, at which ashram: Mangrove Rocklyn Have you been to that yoga ashram before? Yes No
- **Permission for use in Advertising:** Do you give permission for Mangrove Yoga Ashram, Satyananda Yoga Rocklyn and/or Satyananda Yoga Academy to use recordings, photographs and or videotapes of yourself in any its publications, advertising and or displays? Yes No
- **Do you speak a language other than English at home?** Yes No If yes, specify: _____
- **How well do you speak English?** Very well Well Not well Not at all

Previously Completed Modules

Module Name	Year Module Completed -or- Date of End of Module, if still pending	Certificate Number (if known)

Agreement

- I give permission for the SYA Student Welfare Officer or SYA health professional to contact the health professionals listed within this Application for Enrolment concerning my suitability for enrolment in this module.
- I have read, understood and agree to abide by the conditions set out in this Application for Enrolment form and the Satyananda Yoga Academy Course Handbook to which it was attached.
- Information collected on this form will be dealt with in accordance with our Privacy Policy. Some information in this form will be collated by the Quality Assurance Officer. It will be kept to gain a better understanding of our students and to ensure we meet our goals for access and equity.
- I understand that the disclosure of any personal information will require my written consent, unless I am a Foreign National, in which case it may be supplied to the Australian Government and designated authorities on request. This agreement, and the availability of complaints and appeals processes, does not remove the right of the student to take action under Australia's consumer protection laws.

Name (please print) _____ Signed _____ Date _____

Application Checklist

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Have you completed Parts I and II? <input type="checkbox"/> Have you completed Part III, if required? <input type="checkbox"/> Have you attached a recent photograph? <input type="checkbox"/> Have you signed and dated the application? <input type="checkbox"/> Have you included the required deposit? <input type="checkbox"/> Have you attached proof of legal name? | <p><i>If applicable:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Have you attached proof of residency or citizen status for the Low Income Country Discount? <input type="checkbox"/> Have you attached a copy of your Aged Pension Card? <input type="checkbox"/> Have you attached a copy of your overseas academy certificate/s? |
|---|--|

Send completed form to the Enrolments Officer at the residential centre at which you wish to study:
(For YS1, YS2, YS3 or YS4)

Attn: Enrolments Officer
Satyananda Yoga Academy
300 Mangrove Creek Rd
Mangrove Creek NSW 2250 AUSTRALIA
Fax: + 61-2-4377-1219

(For YS1 or YS2 only)
Attn: Enrolments Officer
Satyananda Yoga Academy
393 Dean-Barkstead Rd
Rocklyn, VIC 3363 AUSTRALIA
Fax: + 61-3-5345-7566

PART II - Confidential Information

NOTE: ALL students need to complete this part of the application for every module, as current health conditions will change over time. Please ensure that ALL questions are answered in full. Health information will be kept confidential and only disclosed to third parties with your written consent.

We welcome persons of varying abilities. However, you might find some asana practice, karma yoga activities and aspects of the ashram lifestyle physically demanding. For example, some karma yoga requires heavy lifting, bending, long sitting or standing. The following information, therefore, is required to ensure that student needs are met.

Disability

- Do you consider yourself to have a disability, impairment or long-term condition? No Yes
- If YES, then please indicate the areas of disability, impairment or long-term condition:

<input type="checkbox"/> Hearing/Deaf	<input type="checkbox"/> Physical	<input type="checkbox"/> Intellectual
<input type="checkbox"/> Learning	<input type="checkbox"/> Mental Illness	<input type="checkbox"/> Acquired Brain Impairment
<input type="checkbox"/> Vision	<input type="checkbox"/> Medical Condition	<input type="checkbox"/> Other

Health Information: Physical

- Please tick if you have had or do have any of the following conditions:

- | | | |
|--|---|---|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Back Conditions | <input type="checkbox"/> Hernia |
| <input type="checkbox"/> Any chronic disease | <input type="checkbox"/> Breathing difficulties | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Any heart condition | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Joint pain/problems |
| <input type="checkbox"/> Any major injuries | <input type="checkbox"/> Dizziness | <input type="checkbox"/> Low blood pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Epilepsy | <input type="checkbox"/> Muscular pain/cramps |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Gastrointestinal ulcer | <input type="checkbox"/> Sensitivities |
| | | <input type="checkbox"/> Stroke |

No known physical conditions that would have a bearing on your ability or your capacity to undertake the course

- Please provide details of all conditions indicated: _____

- Are you Pregnant? No Yes Please indicate: 0–3 months 3–6 months 6–9 months
- Are you currently taking any medication on a regular basis? Yes No If yes, please list.

Medication	Condition/Purpose	Dosage	Dates of Use

- Have you experienced any acute or chronic health conditions or any condition which has caused you to miss two or more weeks of work or regular activity in the last three years? No Yes If yes, please describe: _____

- How would you describe your overall physical condition, including stamina, strength, flexibility, mobility: (tick one)?
 Excellent Good Average Improvement Needed

- Physical Limitations: Base on the information provided above, are there any specific activities which you cannot physically do? No Yes If yes, please describe: _____

- Do you have a current medical doctor? Yes No If so, please provide contact details:

Name _____ Phone number: _____

- Is this medical doctor aware that you are undertaking this course? Yes No

(Please continue overleaf)

PART II (Continued) Please ensure that **ALL** questions are answered in full

Health Information: Emotional/ Psychological

PLEASE READ: Due to the emphasis of yogic lifestyle on personal growth and the nature of some ashram activities, this course can be emotionally challenging and psychologically rigorous. As such, this lifestyle is not appropriate or helpful to all persons at all times. The questions that follow are intended to assist in assessing your suitability to undertake the course, as well as help to ensure that you are provided with appropriate adjustments and guidance where necessary. As health conditions can change over time, this information is needed for each module.

- Are you currently seeing or have you seen within the last 2 years, a professional for mental health, personal growth, and/or spiritual concerns (e.g. psychiatrist, psychologist, social worker, counsellor, etc.)? Yes No

- If yes, please provide their name and phone number below:

Name _____ Phone _____

- Does this professional know you are planning to undertake this course? Yes No
- Are there any current circumstances which might make your participation difficult at this time (e.g., recent loss of loved one or job, personal obligations, end of a relationship)? No Yes If yes, please describe: _____

- Have you ever been diagnosed with a psychological or psychiatric condition? Yes No If so, please describe the diagnosis, treatment administered and dates. List multiple conditions separately using another page, if necessary.

- Are you currently taking medication for a psychological or psychiatric condition? Yes No If so, please indicate name of medication, for what condition prescribed, dosage and how long you have been taking it:

Medication	Condition/Purpose	Dosage	Dates of Use

- Any other information: _____

Learning Requirements

- Do you have any special learning needs? No Yes If yes, please describe: _____

PART III - Background Information

NOTE: Continuing Students do **NOT** need to complete this part of the application, unless this is your first time to apply for enrolment with the Australian Academy.

Minimum Entry Requirement Criteria

- Are you at least 18 years of age? Yes No
- Are you familiar with the use of MS® Word? Yes No
- Are you familiar with the use of the internet and with the use of email? Yes No
- Are you able to meet the time commitments of the course, including residential stay requirements? Yes No
- How did you hear about the course? Website Friend Yoga teacher Other _____

Educational Skills & Qualifications

- What is your highest COMPLETED school level? (Tick ONE box only.)

<input type="checkbox"/> Year 12 or equivalent	<input type="checkbox"/> Year 11 or equivalent	<input type="checkbox"/> Year 10 or equivalent
<input type="checkbox"/> Year 9 or equivalent	<input type="checkbox"/> Year 8 or below	<input type="checkbox"/> Never attended school
- In which YEAR did you complete that school level? _____
- Are you still attending secondary school? Yes No
- Have you SUCCESSFULLY completed any of the following qualifications? Yes No
- If YES, then tick ANY applicable boxes:

<input type="checkbox"/> Bachelor Degree or Higher Degree	<input type="checkbox"/> Advanced Diploma or Associate Degree
<input type="checkbox"/> Diploma (or Associate Diploma)	<input type="checkbox"/> Certificate IV (or Advanced Certificate / Technician)
<input type="checkbox"/> Certificate III (or Trade Certificate)	<input type="checkbox"/> Certificate II
<input type="checkbox"/> Certificate	<input type="checkbox"/> Certificate other than the above
- Other skills or training _____

Employment

- Of the following categories, which BEST describes your current employment status?:

<input type="checkbox"/> Full-time employee	<input type="checkbox"/> Part-time employee
<input type="checkbox"/> Self-employed – not employing others	<input type="checkbox"/> Employer
<input type="checkbox"/> Employed – unpaid worker in a family business	<input type="checkbox"/> Unemployed – seeking full-time work
<input type="checkbox"/> Unemployed – seeking part-time work	<input type="checkbox"/> Not employed – not seeking employment
- Current Occupation: _____
- Employer: _____
- How long have you had this position? _____
- Previous Occupation: _____
- Employer: _____
- How long did you have this position? _____
- Previous Occupation: _____
- Employer: _____
- How long did you have this position? _____

Yogic Experience

- How long have you been practising yoga? Number of years _____ Regularity _____
- Have you attended a regular yoga class? Yes No For how long have you been attending? _____
- What style of yoga is practised? _____
- Previous major yoga courses _____ Location _____
- Dates of course _____
- Qualifications _____
- Organisation/ yoga style/ tradition _____
- Previous stays in a yoga centre or ashram (if any) place _____ from / to _____

