



Retreat at  
**Citambaram**  
tyoga

## 16 Day CITTER SPIRITUAL RETREAT PRACTICE

FOR FOREIGN TOURIST ONLY

I am interested in joining the 16 Day CITTER SPIRITUAL RETREAT PRACTIC at Citambaram, Tamil Nadu, South India. I would like to become a participant of this programme offered. I will abide by the rules, regulations and etiquette stipulated and to be followed while in the Kurukulam in the programme. On acceptance of my application, I will pay the sum of US\$120/- to confirm and hold my place in the programme as my conformation payment to reserve my place in the chosen month programme that is confirmed by you by e-mail. I accept that this payment is nonrefundable under any conditions. I also confirm that I would pay the balance amount in full at the time of joining in at Citambaram. I also confirm that there will be no amount returnable or refundable in case I decide to leave the programme in-between as I am aware that all arrangements have been made for me for all 16 days, to all vendors involved in delivering the programme for me. I also understand that the accommodation provided at the Kurukulam is FREE as a service to Spiritual Seekers and Practitioners and am aware of the monastic simple living I will undergo in the 16 Days with humbleness and gratitude.

Programme in : 16 Day Citter Spiritual Retreat

Booking No. \_\_\_\_\_

Please read the form carefully. After filling it, kindly submit it by e-mail by scanning this form.

### TO BE FILLED IN BLOCK LETTERS

NAME	:	_____	<div style="border: 1px solid black; padding: 5px; text-align: center;">Participant's Photograph</div>
DATE OF BIRTH	:	_____	
PLACE OF BIRTH	:	_____	
MARITAL STATUS	:	_____	
NATIONALITY	:	_____	
OCCUPATION	:	_____	
PRESENT ADDRESS	:	_____ _____ _____	
PERMANENT ADDRESS	:	_____ _____ _____	
WHATSAPP NUMBER	:	_____ MOBILE: _____	
E-MAIL ADDRESS	:	_____	

To become a CITTER TYOGA student you will have to fill out our forms and present them to the admission office by e-mail. On approval of your admittance, you will receive a mail of confirmation that you will bring in person and submit in person when you check-in.

**Declaration by the participant:** I am participating in the programme(s) offered at CITTER TYOGA KURUKULAM based on this application on my own accord and shall follow the rules, regulations and etiquette of the Kurukulam set. I shall follow the instructions of the Mentors / Aasans / Guides / Teachers and staff. I shall not claim in anyway whatsoever for my actions against them or the institute, and, relieve them all from all responsibility and liability. I, as a partisipant, hereby allow the Citter Tyoga to use my name, photographs, written material submitted by me in various communications, and photographs or video taken during the programme, if required.

I hereby confirm that I will respect the rules, regulations and etiquette of **CITTER TYOGA** at Citambaram.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Note:** All information received is confidential and gathered for your benefit.

**Please furnish the following information**

**Contact person in case of emergency:**

Name : \_\_\_\_\_  
 Address : \_\_\_\_\_  
 \_\_\_\_\_  
 Relationship : \_\_\_\_\_ Telephone: \_\_\_\_\_ Mobile: \_\_\_\_\_

**PLEASE TELL US ABOUT YOURSELF:**

1. Have you practiced and studied any kind of Spiritual Practice?  YES  NO  
 If so, do give a brief description of your practice and experience and time spent.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

1. Have you practiced and studied any kind of Yoga before?  YES  NO  
 If so, do give a brief description of your practice and experience and time spent.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

2. How long have you studied asanas and what style?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

3. What was the circumstance that prompted you to seek a Spiritual practice?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

4. How often do you practice spirituality?

\_\_\_\_\_ a day.  
 \_\_\_\_\_ a week.  
 \_\_\_\_\_ a month.

5. What physical and mental challenges have you faced with your practice?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

6. What is the goal of your Spiritual practice?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

7. What do you understand by Yoga?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

8. Is your interest in Yoga only as an asana practice being the physical aspect, or do you have further interest in developing a total Yogic practice and life style?

\_\_\_\_\_

\_\_\_\_\_

9. Is there anything else you wish to tell us....?

\_\_\_\_\_

\_\_\_\_\_

10. How did you hear about CITTER TYOGA?

\_\_\_\_\_

\_\_\_\_\_

**Note:** All information received is confidential and gathered for your benefit and your safe experience with us. All offerings / fees are used for the sole purpose of educational and research activities. Please note, ONCE FEES ARE PAID, and your place is reserved, it is non-refundable.

Signature : \_\_\_\_\_

Date : \_\_\_\_\_ Place: \_\_\_\_\_

**Note:** Please do not write below this line.

**Official use only**

Approved By: \_\_\_\_\_ Programme Admission No.: \_\_\_\_\_

Date of practice: \_\_\_\_\_

Comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PLEASE NOTE :**

**PLEASE READ BELOW CAREFULLY AND ONCE READ, SIGN IN ACCEPTANCE OF THE KURUKULAM'S RULES, REGULATIONS AND ETIQUETTE YOU ARE EXPECTED TO FOLLOW STRICTLY AS AN ACCEPTED PRACTITONER OF CITTER TYOGA KURUKULAM.**

**OUR RULES AND REGULATIONS**

Please observe the center as a '**NO MOBILE ZONE**'. Mobiles and Internet cannot be used during the programme as your full attention is expected without distractions. Please also observe the '**SILENT ZONE AREAS.**'

**Note:** All participants MUST be in for practice 'ON TIME'. Anyone late will NOT be ADMITTED into the practice for WHAT EVER THE REASON. If in case you arrive early for your practice then you must sit in your designated place of practice, do so in silence and with absolute patience.

**Rules:** **CITTER TYOGA** is centered on the practice of discipline necessary for self-transformation. The following rules and regulations are designed to create a suitable atmosphere. It is mandatory to abide by them or else you might be asked to leave the premises.

Throughout history, all spiritual communities or Kurukulams have been structured through adherence to a rule. These rules are not ends in themselves, but simply means. Their purpose is to provide for the structuring and smooth functioning of the Kurukulam and the Programmes that you benefit from. A strong spiritual place, in turn, promotes individual spiritual growth.

By following the common rules, participants are channeling their personal preferences toward the peaceful environment of the Kurukulam. The rules are not an attempt to stifle the individual. Instead, rules and discipline are the necessary basis of any strong spiritual activity and growth. Such actions and thoughts and practices will inevitably benefit each practitioner on their spiritual path.

**Code of Conduct:** As this is a Kurukulam (A place of spiritual wellbeing), one needs to be sensitive to the needs of the other practitioners, your Mentors, Aasans, Guides, Teachers and staff; therefore, please act respectfully and follow the traditional and customary rules prevalent. Participants must conduct themselves at all times with extreme self-control and discipline. We trust new and old participants have come for a period of practice, quiet study, reflection, and meditation only. Therefore, kindly refrain from anything else you maybe pre-occupied with and give your full attention and support in this 16-day journey.

**Observe Silence:** Complete silence should be observed once you enter the Kurukulam.

**Intoxicants:** Cigarettes, tobacco chewing, alcohol, or any other type of intoxicants are strictly prohibited within the premises of the Kurukulam. Any participant found intoxicated or under the influence of any illegal material or substances will be dismissed without intimation or any refund.

**Daily Schedule:** You need to follow the daily schedule without exception i.e. you must attend your daily schedules without fail to progress in what you have undertaken.

**Dress Code:** Observance of the Kurukulam dress code should be maintained at all times including when you journey with us outside the Kurukulam. Dress in modest, clean and sober clothing at all times. Your dress reflects your love and respect for the people around you in a place of spiritual practices and within the Kurukulam.

It is an ancient Tamil tradition and custom to show respect to a holy place of practice or at any holy place or site by wearing appropriate clothes and behaving in the most respectful manner. Avoid any garish, transparent and revealing clothing PLEASE.

Signature : \_\_\_\_\_

Date : \_\_\_\_\_ Place: \_\_\_\_\_