



TERMS AND CONDITIONS TO JOIN SHIVA YOGA

Rules And Regulations

Namaste!

We are delighted to have you as part of Shiva Yoga. Please carefully read and follow these rules:

1. Please keep your surroundings clean and neat.
2. Turn off lights and fans when not in use.
3. Please do not put dirty feet on the bedsheets.
4. Use the dustbin.
5. Lights will be turned off at 10 PM, and no noise should be made after that.
6. Please use Bluetooth or headphones to avoid disturbing others.
7. Do not eat inside the dorm
8. Smoking and drinking are not allowed.
9. Any individual from Shiva Yoga who stays in the house and misbehaves, disrespects others, smokes, or drinks on the premises can be immediately removed without prior warning.
10. Dorm is akin to yoga ashrams, so please maintain complete silence.
Avoid talking in your phone and avoid talking to each other inside the dorm only whisper when necessary.
11. Please take care of your belongings. The Shiva Yoga team is not responsible for them.
12. Keep the washroom clean.
13. Please use water if you enter the washroom with dirty feet.
14. Turn off the tap when it is not in use.
15. There will be extra charges for laundry.
16. Be punctual for laundry and take your clothes out promptly.
17. Do not waste food.
18. Food will be self-service.
19. Please wash your plates and glasses after using them.
20. Eat your Food in the specified place.
21. We value your consent for content creation. If you are not comfortable with photos or videos, please inform us in advance.
22. If you are not comfortable with physical adjustments and alignment of asanas, please inform us in advance.
23. Please clean the mats after class and roll them up for storage.
24. Keep your footwear outside; footwear is not allowed inside the Shala.
25. Don't bring outsiders into and around the shala and Engaging in conversations and forming close connections with partners within the Shiva Yoga premises is strictly prohibited.
26. Access to the dorm is restricted to residents only; outsiders are not permitted
27. 90% attendance is compulsory for the course, except in cases of sickness.
28. Conversation and discussion about alcohol, drugs, and any substances around the shala is prohibited.
29. If you go outside, please return before 10:30 PM



30. If you are unable to attend the class due to illness, please inform the respective teacher or drop a message in the WhatsApp group in advance.
32. The course fee is non-refundable once paid.
33. Only vegetarian food is permitted.
34. This Shala was created with a lot of positive energy and love, so please respect the space. Thank you for joining our team!

Important Information

The course fee includes tuition, a teacher training manual, a Shiva Yoga bag, a Shiva Yoga t-shirt, unlimited filtered drinking water, welcome dinner, accommodation and food, WiFi, room cleaning, and access to the Yoga Teacher Training Curriculum.

There are no refunds, credits, or transfers available for cancellations after the start date of any Yoga Teacher Training Course or Retreat.

Insurance travel expenditures and flight tickets are not included in the TTC fee.

Taxi on call Available at extra cost by a trusted Taxi Service.

Each course has 2 batches, 15-20 student capacity.

Batch 1- Beginners Batch (100, 200 hrs and Retreat students)

Batch 2- Advanced Batch (200,300 hrs and intimidate students)

It is only applicable when we have more than 20 students in total, if not the course will run combined for all the students.

Anatomy, Philosophy, Ayurveda, Adjustment and Alignment classes run separately for batch 1 and batch 2 students but Asana, outings and workshops practice will be together.

Shiva Yoga's program is designed to produce skilled and motivated yoga teachers.

For other detailed like Teachers, Accommodation , Location, Experiences and information on the program, students can refer to the about us page.

The course starts on the 2nd of every month unless you choose to do Flexible TTC.

Wifi-enabled campus



Taxi on Call facility (Chargeable)

Laundry Service (Chargeable)

An additional 5% transaction fee applies to payments made via PayPal, and 3% via Swipe machine, If any other mode of payment standard transaction fees will be applicable to the students(Note- Cash we only accept INR).

The package includes accommodation for the entire duration of the course, along with one complimentary night either before the start date or on the final day.

The package offers food for the entire course, including a welcome and farewell dinner, as well as unlimited filtered water except Sundays.

Students who check-in a few days early or stay a few days after the course may receive a discounted rate per night depending on availability.

If a student arrives later than the course start date or leaves before the course completion date, no accommodation or food charges will be adjusted, and the course package fee will remain the same.

All package charges are non-refundable, non-changeable, and non-interchangeable once a student joins the course.

Check-in begins at 10:00 AM, and the latest check-out time is 2:00 PM.

Course fees, including the initial deposit of 300 EURO, are non-refundable and non-transferable to another person but can be transferred to another date or future course with Shiva Yoga.

Our ideology isn't just about a yoga course; it's a once-in-a-lifetime experience, an extraordinary fusion of wisdom and wellness. Discover a realm beyond traditional Yoga schools; at Shiva Yoga, we redefine the essence of your transformative yoga odyssey."

Things to carry at Shiva Yoga-

Yoga Mat: Bring your yoga mat for personal use during the training. If not, we will provide one for you.

Comfortable Attire: Wear loose-fitting, comfortable clothes suitable for yoga practice.

Additionally, please bring white attire for ceremonies.

Water Bottle: Stay hydrated by bringing a refillable water bottle.

Writing Materials: Bring a notebook and pen for note-taking during lectures and discussions.



Personal Items: Pack your essentials, including toiletries, towels, a light jacket/shawl, and lightweight/dry-fit clothes. Bring a flashlight, mosquito repellent, and an international adapter. Don't forget vitamins, medication, a shawl, earbuds, and small towels for yoga practice. Stay comfortable and prepared throughout your Yoga TTC.