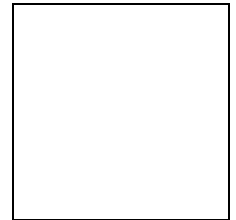


Sadhana Mandir Trust

Ramnagar, P.O. Pashulok, Rishikesh, 249203, (Uttarakhand) India
Phone: 91-135-243-1693, mailbox@sadhanamandir.org, www.sadhanamandir.org



Attach recent photo here

Self Transformation Program Application Form

Please Print

Name _____

Address _____

City/State/Zip _____

Phone: Day _____ Evening _____

Email Address _____

Date of Birth _____ Age _____ Female Male

Marital Status _____ Number and Ages of Children _____

Education _____

Profession _____

Present Occupation _____

Your reason(s) for wishing to participate in this program:

Requested length of stay: 1 month 2 months 3 months .

Requested dates of stay: _____

Have you applied for the Self-Transformation Program in the past? Yes No

If yes, when _____

How did you hear about the ashram? _____

Have you studied yoga or meditation? Yes No If yes, to what extent?

Mantra Initiation? Yes No By Whom? When? _____

In case of emergency contact:

Name _____ Relationship _____

Address _____

City/State/Zip _____

Phone: Day _____ Evening _____

If you have any physical restrictions that would affect your activities in this program, please specify. _____

Please let us know your activities during the past six months.

How do you assess your level of self-motivation and self-discipline in regards to participating in the Self-Transformation Program? _____

Have you ever been hospitalized or under institutional care due to any emotional or physical problems during the last 10 years? Yes No

If yes, please provide pertinent details. Include mention of any outpatient medical or psychiatric care as well as any treatment for alcohol and/or drug abuse.

Have you been to therapy for depression or any other emotional disorder in the past 10 years?

Yes No If yes, please provide pertinent details. _____

Are you currently taking any medication vital to maintaining physical or emotional well-being?

Yes No If yes, describe in detail. _____

Please comment on your ability to adapt to a vegetarian diet which includes dairy?

Please comment on your ability to adapt to our daily schedule (posted on the STP web page) including rising early (5:00-5:30 a.m.) and retiring early (10:00 p.m.).

Please read the Program Terms and Conditions section in its entirety, paying specific attention to the section regarding Off-Campus Activities, Dress and Conduct, Emotional Relationships and Quiet Times.

Please tell us about your willingness to adhere to the terms outlined in all four subject areas.

Off-Campus Activities: _____

Dress and Conduct: _____

Emotional Relationships: _____

Quiet Times: _____

If more space is needed, attach additional sheets of paper. Please attach a recent photo to your application.

Note: Foreign applicants will be required to submit their passport and visa details upon arrival at the ashram.

Please read the following Program Terms and Conditions carefully and sign where indicated. Completed applications and deposits should be sent to Sadhana Mandir, Attn: Self Transformation Program Coordinator, at the address listed on the front page of this form.

Program Terms and Conditions

Admission to the Sadhana Mandir self transformation program is by application only. Application does not ensure participation in the program. Please apply at least 30 days in advance of your anticipated participation. The Self-Transformation Program (STP) begins the first day of each month. Late arrivals will be permitted only with the approval of the program coordinator.

Program fees: Payment may be made in rupees, U.S. dollars, cashier's or bank check, money order, or traveler's checks. (Please do not send cash through the mail.)

Program fees include: Double occupancy rooms unless otherwise specified, with attached bath. Three vegetarian meals per day are served. The ashram menu includes grains, legumes, fruits, vegetables, and dairy products. Bed linens and towels are provided.

Program cost does not include: Insurance of any kind; medical services, fax or phone, internet, stationary or other supplies for personal use; postage stamps; laundry soap; or transportation to or from any airport, bus station, or elsewhere.

What to Bring: Personal toiletries including soap and shampoo, alarm clock, umbrella, flashlight, hatha yoga mat, walking shoes, insect repellent, and clean, modest, comfortable clothing suitable for the time of the year of one's participation, including loose clothing for doing hatha yoga. Please bring whatever is needed for personal medical or health concerns.

Extended Stays: Determined on a case to case basis

Off-Campus Activities: We have found that changing from a hectic daily routine to a quiet, meditative lifestyle takes time. To enhance that process, it is best to have as few distractions as possible. To minimize distractions, and to help maintain inner focus, it is suggested that a participant remain on campus for the first month of the program. Thereafter, it is helpful to limit off-campus trips for necessities to once per week. This gives you the opportunity to participate more fully in the program so you will gain the maximum benefit.

Dress and Conduct: Clean, modest attire is appropriate for your stay at the Institute. Shirts and footwear must be worn in the public areas of the ashram. We ask that you refrain from wearing short shorts, tops with spaghetti straps, halter tops, tank tops, plunging necklines or backs, and miniskirts.

Smoking is not permitted in the ashram. Alcohol and illegal drugs are strictly prohibited.

Emotional Relationships: In an effort to help you avoid distraction and to concentrate your energy fully on your quest for self-discovery, we suggest that you avoid forming and/or maintaining intense emotional relationships during your brief stay at the ashram. Such relationships divert energy from your inner focus.

Quiet Times: Because we have found that external silence enhances the experience of inner quiet in meditation, we maintain silence in the ashram from 10:00 p.m. to 8:00 a.m. Meals are eaten in silence. Earphones must be used with any audio equipment used in participant's room or elsewhere within the ashram.

Miscellaneous: Pets and radios (except with earphones) are prohibited in the ashram. No tape recording or photography is permitted during any class or lecture.

Release/Responsibility: The ashram reserves the right to terminate the stay of any participant in any residential program at any time without liability and without any obligation to pay a refund or any other amount whatsoever.

Representatives of the ashram may at any time photograph and/or videotape particular seminars, lectures, special programs, or other activities. The ashram reserves the right to use any such photograph or videotape in Institute publications, advertising, displays, and publicity materials without obtaining further consent from any program participant. Each program participant releases the ashram and its representatives from any liability in connection with any such use of such photographs and/or videotapes.

Agreement: I have read the terms and conditions governing the Self-Transformation Program and agree to abide by those terms and conditions. I also understand that if I do not follow these terms and conditions, I will be required to leave the program immediately. As a participant in any residential program, I understand that I am not in an employment relationship with Sadhana Mandir Trust and am not covered by any health insurance policy or program, workers' compensation insurance, or disability insurance maintained by the ashram. I agree to hold Sadhana Mandir Trust, its officers, agents and employees harmless from any and all manner of liability arising out of any injury sustained by me during my participation in any of the residential programs.

I also understand and agree that all projects, products, creations, artistic works, or other intellectual property which I may undertake or develop on behalf of Sadhana Mandir Trust while participating in any residential program are and will remain the sole property of Sadhana Mandir Trust. I hereby waive and release any and all present and future proprietary rights with respect to such intellectual property, as well as any remuneration or compensation for such intellectual property.

The foregoing information provided by me is true and correct to the best of my knowledge. I have read, understand, and consent to the conditions for admission to the Program set forth above.

By: _____ Date _____

Signature of Program Applicant

(FOR OFFICE USE ONLY)

By: _____ Date _____

Signature/Approval of Residential Committee

By: _____ Date _____

Signature/Approval of Residential Committee