

Yoga Program Bharatiya Cultural Center (BCC) 2010

YOGA CAMP APPLICATION FORM

Kids ages from 7 and above and if you have medical condition that needs to be addressed, you must obtain an appropriate note from your personal physician. Small children must be accompanied by a parent or guardian. In joining the program you are waiving the BCC any and all liabilities. Your participation is voluntary and you understand these issues by completing this form.

Name _____ Home Phone _____

Address _____ Mother's Work Phone _____

_____ Father's Work Phone _____

Email _____ Birth Date (d/m/y) _____

The donation is \$ 100 for a session and \$20 for family per day (if you want to attend just one day), make check payable to Bharatiya Cultural Center and mark in memo part "Yoga". These donations will help BCC to defray some costs, facilitating the BCC to provide services for the BT / BCC Community. The instructors in general have indicated that they are providing this as a service to the community.

Please initial to confirm that you have read and understood the above.

Initials: _____

How did you hear about Yoga Program?

What are you expecting to learn from the Yoga Program _____?

With your signature below, you confirm that you have read and understood the above and contents of the handout. I affirm that all information provided in this application form is true and accurate. Completed Forms will be held by Yoga Subcommittee.

Signature _____ Date _____

Yoga Camp Handout: 2010

Time, Place and Environment:

- We will have two sessions (10.30 to 12.00 pm, 1.30 to 3.00pm) each day from Monday to Friday, (we will visit Arsha Vidya Gurukulam on Wednesday) for 90 minute sessions.
- Program will start on July 26th and end on 30th, 2010.
- Registration forms are to be completed and be accessible to the Yoga Instructors Group. A simple form that includes your name, address, emergency contacts and appropriate medical information. BCC and BT do not assume any liability and participation by anyone in this program is voluntary.
- Contributions: \$ 100 for the camp We request you to make a check to Bharatiya Cultural Center and leave it at the Temple Office or drop it in Hundi (coupon marked Yoga). Those that need special consideration -- please talk to the yoga coordinator. You may be able to barter or help in another area where BCI needs help. We will accommodate. No one will be denied access to this health sustaining yoga program. Your donation will support the services that BCC offers to our community. Be generous.
- Please bring your own yoga mat with you!
- Bring an extra one if you have!!
- Bring a healthy friend or two or three!!!
- It is recommended that a child (below 7) should be allowed to participate only if a parent is present with the child.
- Equipment: You please get your own Standard Yoga Mat that is available at Dollar Stores for around 5 Dollars. The instructors will help you with the information.
- Program will start on July 26th, 2010, with Alli Natesh (certified) and Mrs. Ragini Boopathy

Yoga Activities:

- Best time to practice is either early in the morning or late in the evening.
- Yogasanas should be done in a clean airy place free from noise and distractions (cell phones)
- Yoga should not be performed in an unbalanced environment. The environment should be neither too cold nor too hot.
- Astanga Yoga. This has eight components as noted. A) Yama: Non-violence, purity of mind, honesty and good conduct (as temple devotees we all reflect very desirable habits); B) Niyama: Purification with self discipline: purity of mind body and thought, reading of the scriptures (list of books to read can be obtained from instructors) and dedication to the almighty; C) Asana : doing physical warm ups and postures; D) Pranayama: Rhythmic control of the breath; E) Pratyahara: control of senses; F) Dharana: development of concentration; G) Dhyana : meditation; H) Samadhi or Universal consciousness: Becoming one with the object of meditation (which should be individually, a personal experience).
- Some of the initial Warm-up exercises for about 5 minutes. The following will be included in various sessions. Bhastrika, Anulom-Vilom, Kapal Bhaati, Agnisar, Tribandh, Bhraamari, Uddiyani, Ujjayee and Mandookaasan. Thadasan, Prayer and warm up, Stretch back and forward, Eye and neck exercises, Balancing postures (tree pose, eagle and Nataraja), Trikonasana, Veera bhadra (warrior pose), Surya Namaskar, Breathing, Forward bend, Spinal twist, Yoga Biking, Baby Pose, Bhujangasana, Dhanur and Savasana.

Cleanliness:

- Asanas should be done after cleaning yourself properly (empty stomach, empty bladder, etc.)
- A hot shower before yoga is recommended

Food:

- Practice on empty stomach preferably, either before lunch in the morning or before dinner in the evening, but do not starve while practicing
- A cup of milk may be taken fifteen minutes before doing yoga
- Wait for four hours after a heavy meal or two hours after a light meal
- After finishing you should wait for half an hour before you eat. Moderation needed

Dress code:

- Loose fitting garments
- It is best to practice yoga on bare feet

What to bring:

- Please bring a water bottle, a beach towel, a small towel and a yoga mat (preferably).
- The mat used should not be too hard to feel the floor nor too soft to interfere in the body alignment

Don'ts and Caveats:

- Avoid doing yoga if you are sick, tired and didn't have enough sleep
- Do not try to go beyond one's physical ability to perform postures or breathing techniques, as it may result in problems affecting the body
- Women should avoid doing inverted poses during menstrual periods
- Certain postures should not be done by some people who may include pregnant women or persons with a medical condition. They should talk to the instructor before enrolling in the class

General:

- Please consult with your primary care physician before enrolling.
- Make the instructor aware of any medical condition(s) ahead of starting yoga exercises.
- Each instructor may have a set of additional rules, which they will directly convey to the class.