

# SWAMI SUDDHANANDA

## *Self-Knowledge, "Understanding Our Being" Retreat* APPLICATION FORM

Date: **Fri 2<sup>nd</sup> April to Sun 11<sup>th</sup> April 2010** (registration from 4pm)

Sivananda Ashram Beacon Yoga Centre  
151 South Street, Beaconsfield 6162  
<http://www.beaconyogacentre.org.au/>

Contact: Denise Cooper  
Mobile: 0419 905 816  
Email: [bradndenise@bigpond.com](mailto:bradndenise@bigpond.com)

Surname:

Given name:

Address:

Telephone: Home:  
Mobile:  
Email:

Accommodation required:    Male                      Female                      Couple

Contact for any emergency: Name:  
Telephone:

Do you have any health conditions we need to know about?

Diet: All meals are vegetarian.

Integral Yoga Association of WA Inc (IYA) members will receive a \$50 discount.  
Please download an application form from the Sivananda Ashram website.  
<http://www.beaconyogacentre.org.au/>

Cost: \$800 per person (\$80 per day), which includes accommodation, all meals and retreat (lectures, meditation, yoga classes, Sanskrit lessons).  
For non-residential participants, the cost will be \$700 with all meals and retreat included.  
We will need to receive a deposit of \$200 by the middle of March to secure your place.  
Payment by cheque or money order is payable to the "I.Y.A." and must accompany this application form or if paying by direct debit, please post us this application form.  
There are 40 live-in places and a limited number for day-only participants.  
Paid-up applicants will be accepted in the order in which the cheques are received.  
Please post application form and payment to:

**Swami Suddhananda Retreat April 2010**  
Sivananda Ashram  
P.O. Box 2  
South Fremantle WA 6162

On receipt of payment, program details and necessary information will be forwarded to you via email or post.

Swamiji does not charge for his teachings. All funds firstly go towards recovering retreat expenses. A donation is given to Swamiji for his orphanages in India.

Thanking you Brad and Denise Cooper