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Terms and Conditions, ver. 1.0, February 2017.

Please read the following terms and conditions carefully before inquiring about the “Home Stay with Kannan” program.

1. WHAT IS “HOME STAY WITH KANNAN”?

- A. “Home Stay with Kannan” is an opportunity to learn traditional yoga in a traditional way, living with the teacher at his home.
- B. It is a non-profitable project, which is funded, planned, and provided by Kannan, with the blessings of his teachers.
- C. It is not a yoga camp/retreat.
- D. It is not a yoga teacher training course.
- E. It is not a vacation package.

2. WHAT CAN THE PROGRAM OFFER?

- A. Building the base for practicing traditional yoga, as taught in “Yoga Sutra” compiled by Patanjali and other major traditional texts.
- B. Introducing the disciplined lifestyle based on “yama” and “niyama”, which enables the student to bring traditional yoga in life.
- C. Practicing the basic techniques of “asana”, “pranayama”, “mudra”, etc., according to the individual physical and mental conditions.
- D. Understanding clearly what traditional yoga is, what it is not, and what its purpose is.

3. HOW DOES IT WORK?

- A. The program, including the customized practical and theory classes, with the simple yet sufficient food and accommodation, is provided at free of charge.
 - i. Personal expenditures, such as flight tickets, domestic travel & entertainment expenses, and telephone charges, are not covered by the program.
- B. Traditionally, the student offers "*guru dakshina*" to the teacher, before the teaching takes place.
 - i. "*Guru dakshina*" is not a fee or a donation scheme, but an expression of the student's willingness and commitment to learn.
 - ii. Necessary items and manners for offering "*guru dakshina*" will be taught to the student who is not familiar with the custom.
 - iii. Once "*guru dakshina*" is accepted, the teacher would decide, by observing the student, when to start teaching, what to teach, and how to teach.

4. WHO CAN APPLY?

- A. The student, who has a sincere interest to learn traditional yoga under the guidance of the teacher, is qualified to apply for the program.
 - i. One can be in any age above 8 years-old, gender, and nationality.
 - ii. One who has previous exposures to any forms of non-traditional yoga, should be ready to drop his/her habits which can be obstacles for learning.
- B. The student has to have attended the classes given by the teacher at least a few times.
- C. The student is expected to respect the teaching tradition. It is crucial to trust the teaching and the teacher, to overcome one's limitations.
- D. The student must be a vegetarian. In case the student is not yet a vegetarian, he/she has to change his/her diet.

- i. It is not allowed to bring animal meat, seafood, and egg products in the premise.
 - ii. It is not allowed to eat or purchase animal meat, seafood, and egg products during the program.
- E. One who smokes or takes alcohol/drugs cannot apply for the program.
- F. Since the teaching is given in English, the student should have a good command of English, both in listening and speaking.

5. WHERE AND WHEN?

- A. The teacher's residential home is located in the residential area of Coimbatore, in the state of Tamil Nadu, India. It is equipped with 2 bedrooms, 1 of which is used by the maximum 2 students at a time, a living/dining room, and a kitchen.
- B. The program can happen when the teacher is at home.
- C. The minimum duration of the program is 4 weeks, and the maximum is 12 weeks.
- D. Please contact the teacher to confirm his availability well in advance. The address of the venue is informed to the student once the timing and the duration of the program are agreed between the teacher and the student.

6. HOW WOULD A DAILY SCHEDULE LOOK LIKE?

Early morning (05:00-08:00):	Wake-up, cleaning, bath, practical class
Morning (08:00-12:00):	Breakfast, theory class
Afternoon (12:00-16:00):	Lunch, break, laundry
Evening (16:00-19:00):	Question & answer session, practical class
Night (19:00-22:00):	Dinner, self-study, light-off

A. Class

- i. The program has no fixed syllabus or curriculum. The contents of the practical classes, as well as the theory classes, will be arranged individually.
- ii. Questions regarding traditional yoga and its applications for the self-growth can be clarified during the question & answer sessions.
- iii. The teaching methods of traditional yoga can be taught only to the student who is ready to teach after learning under the guidance of the teacher for a length of time.

B. Cleaning and laundry

- i. The student's room and the shared spaces should be cleaned before taking bath.
- ii. The student should take care of his/her laundry.

C. Bath

- i. The student should wash the body and the head/hair before attending the 1st class of the day.
- ii. The student should wear the washed clothes after taking bath.
- iii. Do not touch the lamp or the food before taking bath.

D. Meal

- i. The student is expected to learn how to prepare and serve the food as the offering.
- ii. During the program, tea/coffee, aerated beverage, stimulant, junk food, processed food, and white sugar are not provided.

E. Break

- i. Wifi is available during the break for the sake of the student's convenience. Note that the student is encouraged to minimize spending time and energy for the activities which are irrelevant to the program.

- ii. The teacher's consent is necessary if the student wishes to mention the teacher and the program in the social media.

F. Exceptions

- i. The female student who is undergoing the period should not do;
 - 1. *Asana and pranayama practices.*
 - 2. *Cooking and serving the food.*
 - 3. *Lighting the lamp, entering the temples, and attending the rituals.*
- ii. The female student who underwent the period should do;
 - 1. *Washing linens and clothes used during the period.*

7. WHAT TO BRING?

- i. Passport, visa, and essentials
 - 1. *Although the occasions for the student to spend cash are limited, Indian rupees can be purchased and sold at the authorized dealers in India.*
 - 2. *Visa/MasterCard branded credit/debit cards are widely accepted at the shops.*
- ii. Clothes
 - 1. *During the stay, the student is recommended to wear the cotton-based loose clothes at all times.*
 - 2. *During the practice, avoid black and vibrant/strong colors.*
 - 3. *The female student is requested be dressed appropriately as a member of the local community. The breast area and the hip area should be covered with the shawl/duppatta, when she is going out of the premise.*
 - 4. *The student can wear the sleeveless tops and the shorts only in the student's room.*
 - 5. *One might find it is useful to have a pair of flip-flops/sandals.*

iii. Yoga mat

1. *It is also possible for the student to pre-order the cotton yoga mats.*

iv. Notebooks/papers and pens

v. Prescribed ongoing medications, if any, and a copy of the prescription

vi. Electrical converters and adapters, as necessary

vii. The student room is furnished with a bed (a mattress, a pillow, a blanket), a bathroom, and a table. The following items are available for the student's disposal; bedsheets, pillowcases, soaps, shampoo, toothpastes, laundry machine, detergent, pinches, hangers, plates, cups, silverware.

8. OTHER THINGS TO KNOW

- A. In case any terms and conditions are violated, the program will be terminated immediately.
- B. The teacher will not be responsible for any loss, damage, injury, sickness, or death arising directly or indirectly from the participation of the program.
- C. The teacher does not teach *vedanta* & other schools of thought, *Bhagavadgita*, *Sanskrit*, *ayurveda*, *jyotish*, and any non-traditional forms of yoga.
- D. One who has been undergoing any medical treatment or procedure should provide the physician's statement indicating whether he/she is fit to participate in the program.
- E. The student is requested to present the photo ID and the emergency contacts upon his/her arrival.
- F. The teacher's home is not a hotel, a guest house, or an ashram. There is no maid or staff in charge of cooking, cleaning, driving, etc.
- G. In case the student wishes to visit any sites in India accompanied by the teacher, before or after the program, the expenses are paid by the student.
- H. The donation is accepted. However, it is not compulsory.