

## Useful Information for applicants

- Please **print and fill the application form** and send us back as soon as possible by hand, by Post or Scan and attach to our email (before the training start date).

- we expect you all to arrive on **training start day (arrival day)** in our **Yoga House in Protaras** so you can settle in the rooms and take rest before the training starts on next day early in the morning. **Check in is after 2pm**, please let us know your arrival time as we are not in the Yoga house all the time so you don't need to wait outside :)

- the course **starts on next day to arrival day at 7:10am**.

- Please note that meals won't be served on days off and on arrival day though you are welcome to cook for yourself and your colleagues or visit local restaurants :)

- The **address of the venue** is 8 Anatoli Grand Villas, Konnos 69, Protaras 5297 (near Grecian Park hotel).

Find us on

<https://www.google.com/maps/place//data=!4m2!3m1!1s0x14dfc3479e7c1d3b:0x8a76402239535d38?hl=en-AU>

- The course will finish on **training end day (departure day) after the delicious lunch (around 11-12noon)**.

- **Checkin is on course start date after 2pm and checkout on course end date before 2pm. Extention of stay possible only on availability and to be paid extra.**

- you can take a **private taxi** to the venue it will cost around 55-65eur.

- There is a bus to the venue **711** that comes straight to **Protaras** (bus stop near Grecian Park hotel, please tell the driver). Please see bus timings

here: <http://www.cyprusbybus.com/routedetails.aspx?id=207>

Also, from Larnaca city center you can take any bus to Ayia Napa and change the bus(101) there to Paralimni direction that will drop you to Protaras.

- there are companies as "**Sun Transfers**" or "**Travel Express**" that provides **shared taxi services**. Please contact them once you know your arrival time and they will let you know what timings they will have a car coming to Protaras.

- the **towels and bed linen** will be provided in the rooms. Please bring personal hygiene accessories and **sun protection** – if summers and warm cloths if winter.

- Please bring **your Yoga mat and beach towel (yay! :) ) with you**.

- the manual for the course, a notebook and pen we will provide.

- there is a **wifi** in the Yoga house.

- we have a washing machine in the Yoga house.

- **Karma Yoga** is an essential part of our course and also one of the assessment criteria. Please understand that you are coming for **Yoga Teacher Training**, not a Yoga Holiday. We expect you to be open to learn and enjoy new experiences.

- The rest of the payment should be done **before arrival via bank transfer/paypal or upon arrival in cash**. We do not have a card reading machine. **Bank/Paypal charges for transaction, charged from us, if any, will be extra** our email for paypal is [ravviyoga@gmail.com](mailto:ravviyoga@gmail.com) and Our bank details are;

**Bank name: Hellenic bank Public Company LTD - Country: Cyprus**

**Account name: Ravv's Yoga Padhashala LTD**

**Account no. 482-10-790861-01**

**IBAN: CY11 0050 0482 0004 8210 7908 6101**

**BIC: HEBACY2N**

**Address of the bank: 85, 1st April Str., Paralimni 5281**

**Address of beneficiary: 8 Anatoli Grand Villas, Konnos 69, Protaras 5297**

Please let us know if you have any questions or request and we are looking forward to meet you all!

Thank you and have a wonderful day,

Rasa & Ravi