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SHAKTI  
YOGASHRAMA  
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# RULES & REGULATIONS

## *Welcome To Shaktiyogashrama*

### **Please be mindful of the following.**

- Attendance is a must in all modules.
- Smoking, drinking and gambling is not permitted at the ashram.
- Silence must be maintained from wake up time up to breakfast.
- You are requested to maintain peace in the ashram premises.
- You are requested to keep the ashram environment clean and avoid wastage of any kind.
- Please do not tip the ashram staff. Donations can be made to the Staff Welfare Fare Fund instead.
- No phone or fax facilities are available at the ashram.

### **The ashram will provide.**

- Vegetarian breakfast, lunch and dinner. Tea will be served twice a day.
- Simple dormitory type of accommodation with separate living quarters for ladies and gents.
- Bed and blanket & Lots of joy and learning.

### **Please bring along.**

- A torch
- A light bed-sheet or shawl & cardigan
- A pillow (optional)
- 4-5 pairs of clothes & personal toiletry
- A pair of loose clothing for yoga
- A pair of comfortable shoes for trekking & a pair of chappals
- Winter wear or rain coat & umbrella if season demands
- A pair of Festive Clothes for the Cultural Event
- Note book and pen & a positive attitude

### **Please do not bring along.**

- Any valuables
- Outside food
- Gadgets or luxury items
- Gossip magazines, novels or pornographic literature & any negativity



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### **A typical day at the retreat is:**

6.00 am Wake up  
6.30 - 8.00 am Meditation & Yoga  
8.00 am - 10.00 am Bath & breakfast  
10.30 am - 12.30 pm Module  
1.00 - 2.00 pm Lunch  
2.00 pm - 3.30 pm Rest  
4.00 pm - 6.00 pm Module  
8.30 pm Dinner  
10.00 pm Retire

Video, audio recording and photography of any performances & presentations is permitted only with prior permission.

N.B. These will be the general schedule followed at the ashram. Participants must look up for details of the daily time-table on the ashram notice board. Participants are requested to look up the accompanying mailer for details of modules.

### ***Shaktiyogashrama Looks Forward To Hosting You!***

*Participants are requested to not carry their urban stress, consumerism, extroversion, shallow entertainment forms and digital obsessions to the ashram so that learning can happen.*

*We are a drug, alcohol, smoking and meat free campus. The community abides by a few agreements and we ask for your help in continuing to abide by them.*

*We are taking some steps to make this gurukul a low waste zone and we request for your help in reducing waste (of all kinds) during your visit. Participants are requested do not bring packaged snacks or stuff that will generate waste here. In case if you do get them, then we request you to carry your waste out with you when you leave. The ambience encourages living close to nature, living in simplicity and living with an inner discipline.*