



# Orientation Guide



**Rohit Kumar**

Sanatana Yog Sandesh

A place to imbibe the arts of undergoing  
disciplines of Yoga!!!



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# Orientation Guide

For Hai Khushi Retreat/Pratyahara and DharanaRetreat/Heath Restoration Programme/

200 Hrs (4 Weeks)/300 Hrs (4 Weeks) Yoga Teacher Training course.

**Address:**

Sanatana Yog Sandesh, Bishop Garden Lane - 2, House no. - 11/760, Pattalam, Fort Cochin - 1,  
Kerala, Postal Code - 682001

**Preface:**

Dear Blessed selves,

Humble submission to the divinity within you!!!

Cordial welcome and thanks for choosing Sanatana Yog Sandesh for the Yoga Retreats and Courses. The wisdom of Yoga has been passed on from generation to generation through the medium of Guru and Disciple relationship. It is as it is and it shall ever be. The idea and purpose behind this is great. For a greater number of people Yoga should be practically available in order that they may use this as a tool to cope with the life and its mystery. In the present time due to the emergence of socio-economic trend and growing need of a substantial tool to explore the deeper human potential Yoga has emerged as a mighty culture and is now a must in our everyday life. Sanatana Yog Sandesh fulfilling your professional as well as practical requirements brings different Courses and Retreats which combine a grand blending of different disciplines of different aspect of Yoga. The Hatha Yoga, the Kriya Yoga and the Raja Yoga disciplines of Yoga have tremendous effect on human body, mind and emotion and this has scientifically been proved where the positive effects of these practices have been found much deeper. We offer you the simple yet effective techniques and principles of the disciplines of Yoga unearthed and once you know how to use it you create your own style as per your need and requirements. More than this we never teach you because we are never teachers. What we do is that we share our own practices honestly to you in this Courses/Retreat. We look forward receiving you here.

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3. **Fort Cochin:** About Fort Cochin, About Sanatana Yog Sandesh and facilities that it can provide, a few words about fee etc.
4. **Preparation:** What to bring?, Preparation for the course, Some suggested Yoga Practices, Suggested Readings.
5. **Yoga School Rules:**

## 1. Things to be done first

### Passport:

Your passport must be valid for at least 1 month if you want to undergo the Hai Khushi Retreat or Pratyahara and Dharana Retreat and it must be valid for at least 3/6 months if you want to undergo the Health Restoration Programme or 200 Hrs/300 Hrs Yoga Teacher Training Course from the landing date in India. Please carry at least three photocopies of passport and Visa along with you and keep one with your family in case of any mishaps.

### Visa:

An Indian Visa is necessary to enter into India. There are different kinds of Visas of which "Tourist Visa" is inexpensive, easily granted and it does also not require intricacies of consulate rules. For your kind information it is mentioned that Student Visa is only for long-term academic courses in University/Colleges so you don't need to go for this. The First time travelers to India should get some sort of (insurance) which can cover their travelling and health costs. For more information please follow this link on travel insurance:

[http://en.wikipedia.org/wiki/Travel\\_insurance](http://en.wikipedia.org/wiki/Travel_insurance)

### Vaccination:

Please check with your personal doctor and also the Visa authorities regarding vaccination. For some nationalities, it is mandatory to take the Yellow Fever Vaccination to land in India. Fort Cochin is one of the healthiest places in India and doesn't require any specific vaccination, as long as we are careful with drinking water and eating food at right places. Malaria Vaccination is also not necessary if you are confined within the area of Fort Cochin. You can keep with yourself Malaria tablets, anti-mosquito creams, and lemon-grass oil.

### Personal daily medicines:

If you have some medicines to take on daily basis, please bring sufficient dose of those medicines that can last during your stay here. Sometimes it is difficult to get those medicines in other countries.

## 2. Coming to Bharat (India)

### Arrival:

It takes at least one/two days to get used to Indian weather, water and food. Due to new kind of food and water body might react differently which is usual in the first week. So if you have enough time, it is better to come early and get used to the place before you start undergoing the Yoga Courses/Retreats. Please arrive at least one day before the course starts so you have some hours to rest and relax. The course officially begins at 7.30am with prayer/rituals and Orientation Talk. There will be some free time if you need to do any shopping and to complete application and payments etc. There will be an evening Yoga session. The full schedule will come into effect from the next day.

### Departure:

The course is concluded the last day with a certification ceremony mentioning that you have participated in the Course/Retreat. You are free to go on the same night. Otherwise, your accommodation charges include the night of the last day also. You can also stay for one or two days extra after the course by paying extra for your food and accommodation.

### Flight tickets:

Please note that flight rates are not same for all the airlines, or routes, and there could be a difference in price for weekdays and weekends. You might get a cheaper ticket by adjusting your dates a day or two. We suggest you some sites hereunder where you can look for the options to search from country to country and compare the fares to the nearby airports:

<http://www.momondo.com/>

<http://www.ixigo.com>

<http://www.skyscanner.in/>

**The Airport you need to land:**

You need to land at Cochin international airport which is the nearest international airport to Fort Cochin. There are flights from all part of the world coming to Cochin. Please look up these links:

[https://en.wikipedia.org/wiki/Cochin\\_International\\_Airport](https://en.wikipedia.org/wiki/Cochin_International_Airport)

<http://www.cochinairport.com/>

If there are no direct flights from your place to Cochin then in that case you can fly from your place to Indira Gandhi International airport, New Delhi. Please look up this link:

[https://en.wikipedia.org/wiki/Indira\\_Gandhi\\_International\\_Airport](https://en.wikipedia.org/wiki/Indira_Gandhi_International_Airport)

Or you can also fly from your place to Chhatrapati shivaji International Airport, Mumbai. Please look up this link:

[https://en.wikipedia.org/wiki/Chhatrapati\\_Shivaji\\_International\\_Airport](https://en.wikipedia.org/wiki/Chhatrapati_Shivaji_International_Airport)

Or you can also fly from your place to Kempegowda International Airport, Bangalore. Please look up this link:

[https://en.wikipedia.org/wiki/Kempegowda\\_International\\_Airport](https://en.wikipedia.org/wiki/Kempegowda_International_Airport)

Or you can also fly from your place to Chennai International Airport, Chennai. Please look up this link:

[https://en.wikipedia.org/wiki/Chennai\\_International\\_Airport](https://en.wikipedia.org/wiki/Chennai_International_Airport)

and from these above mentioned 4 major international airports there are every day domestic flights to Cochin International airport. This way you can make your arrival to Cochin and from there to Fort Cochin.

**Airport Pick up and drop back:**

The distance from the Cochin international airport to Fort Cochin is 30kms which is one and half hour car drive. We organize safe airport pick up /drop back to/from Airports at any time of the day or night. If students would be arriving one/two days before the course starts we can co-ordinate to accommodate two/three students in one car comfortably to reduce the car fare and for a company on a long drive. You need to send us your confirmed e-ticket to let us know the

flight number, airlines, airport and arrival/departure timings etc. We will confirm you the booking of the car/taxi by email. Our designated driver/staff will be standing at the airport with a placard showing your name and Sanatana Yog Sandesh (Yoga School name). There will be phone numbers to reach us in case of any difficulty in locating our person. We don't mind picking you up at any time of the day/night.

**Estimated charges:**

Aiport pick up - 1300INR

Airport drop back - 1200INR

These charges are variable as per the arrival of number of tourists. But the charges can't go too much high.

\*\*\*At the Cochin airport there are Govt./ professional car/taxi drivers to take passengers to different parts of South India and Govt. bus services to Fort Cochin and other parts of South India. We suggest you to avail this facilities when you arrive at the airport to come to Fort Cochin. The Govt. buses are very cheap. You can bargain also with the car/taxi drivers to give you cheaper fair. Please check these links:

<http://cial.aero/taxifare/taxifaresearch.aspx>

<http://www.nathansholidayhome.com/fort-kochi-airport-volvo-bus-timings>

Travelling before and after the Course/Retreat:

There are many places to explore in and around Fort Kochi. You can look up into this link:

<http://blog.coxandkings.com/10-reasons-to-visit-fort-kochi/>

[https://en.wikipedia.org/wiki/List\\_of\\_tourist\\_attractions\\_in\\_Kochi](https://en.wikipedia.org/wiki/List_of_tourist_attractions_in_Kochi)

Within Fort Kochi one can visit: Fort Kochi Beach (walking distance), Chinese Fishing Nets (walking distance), Dutch Cemetery (walking distance), Indo Portuguese Museum (walking distance), Jewish Synagogue (need auto), Maritime Kochi Museum (walking distance), Santa CruzBasilica (walking distance), Mattancherry Palace (need auto), Mangalavanam Bird Sanctuary (need auto), St. Francis Church (walking distance) and Vascoda-cama church (walking distance) etc.

**Trips after/during the Course/Retreat:**

After the course you can enjoy these tours which we can organize on request made. Hereunder is the list of estimated car/taxi fares for some of these tours to the places around Cochin:

Hill palace and Chottanikara Temple on the same way: 1600INR

Alleppyand Kumagrakom for the back water tour and house boat tour: 1600INR

Athirapilly waterfalls: 2500INR

Munnar: 3700INR

Cherrai beach: 1000INR

Marrari Beach: 1400INR

These charges are variable as per the arrival of number of tourists. But the charges can't go too much high.

\*\*\* It is not necessary for the entire group to go to one place at a time. We can organize small cars for 3 to 7 people to visit different places. You are also free to organize these tours according to your own way and you are free to have your own plans.

**Trips in South India:**

You can visit these under mentioned places in South India after the Course/Retreat is complete:

In Kerala beaches in Varakala (South), Kannur (North), backwaters in Allepy, tea plantations in Munnar and forest life as well as mountains in Wayanad are great attractions.

In Karnataka along with wild life and nature one can visit Tibetan settlements in Bylakuppe (Koorg). Belur has ancient temple structure and Jain temples, Hempi on way to Goa is a popular site for Western people, Gokarna with a nice beach are major places to see.

In Tamilnadu hill stations at KodaiKanal, Ooty, huge temples at Madurai, Chennai and Thirucharapalli, Tanjaur are places to explore. Don't forget to visit Auroville and Thiruvannamalai near Chennai.

Normally we have students travelling before/after the course. If you would like to have some company you can arrange this during your stay here.

**Costs for these tours:**

It depends on the type of vehicle and the place of tours. We will always be arranging and helping you arrange these tours with fair charges. You are also free to organize these tours according to your own way and you are free to have your own plans.

\*\*\*If you are travelling in India on a longer train journey, we recommend you to reserve the tickets in advance in Air-con coaches (AC-3 tier, AC-2) tier classes. The Sleeper class is good for a short journey but often crowded and may not be as clean and comfortable as AC coaches. For more information about interesting places to explore and other practical information related to travel, stay, food etc. please check the link below:

[http://wikitravel.org/en/Southern\\_India](http://wikitravel.org/en/Southern_India)

<http://www.lonelyplanet.com/india/places/highlights-of-south-india>

<http://www.travellerspoint.com/guide/Cochin/>

<http://wikitravel.org/en/Kochi>

<http://wikitravel.org/en/Kerala>

### 3. Fort Cochin

#### About Fort Cochin:

Fort Cochin is located in the Ernakulum district in the state of Kerala. For many centuries it was the center of Indian spice traders. Fort Cochin was granted the Portuguese in 1503 by the King of Cochin. The king had also permitted them to build Fort Emmanuel. The first part of the name Fort Kochi comes from this fort. The Portuguese built their settlement behind the fort including a wooden church today known as the St. Francis Church. The Portuguese possessed Fort Kochi for 160 years. In 1683 the Dutch captured the territory from the Portuguese. The Dutch possessed Fort Cochin for 112 years until 1795, when the British took control by defeating the Dutch. After Indian independence foreign control of Fort Kochi ended in 1947. Now a days Fort Cochin is one of the major tourist attraction. Here are some other places to visit in Fort Cochin:

Southern Naval Command Maritime Museum, Cochin Thirumala Devaswom Temple, Sree Gopalakrishna Devaswom Temple (The only Daivajna Brahmin Temple in Kerala), Jain temple, Shiva Temple etc. For more information please look up these links mentioned below:

[https://en.wikipedia.org/wiki/Fort\\_Kochi](https://en.wikipedia.org/wiki/Fort_Kochi)

<http://www.cochin.org.uk/tourist-attractions/fort-kochi.html>

<https://www.keralatourism.org/destination/fort-kochi/422/>

[https://en.wikipedia.org/wiki/History\\_of\\_Kochi](https://en.wikipedia.org/wiki/History_of_Kochi)

#### About Sanatana Yog Sandesh:

A place situated at Bishop Garden Lane - 2, Pattalam, Fort Cochin, Kerala, where you can come and give us a chance to serve you with whatever information about the disciplines of Yoga we have. For sometimes remaining away from all the distractions of the worldly affairs bring renewed energy. Finding a sojourn with like-minded people helps us to share our experiences in order to get in tune with one another. Here you can find these.....

#### Something Important:

We are initiating our journey. We have put the things that we have in our hand in the best vivid and the most honest manner we can. It is always our approach to provide you the best which we can. Still if there is some inconvenience it is deeply regretted.

**Regarding team members:**

We have a group of different people who have been instrumental in several distinct ways into the formation of Sanatana Yog Sandesh. Some have been inspirers, some of them have been very good motivators and well-wishers, some have arranged things needed for the functioning of the school whereas some will be physically available according to the need coming in course of time so that the mission would continue. At the moment Rohit Kumar with one or two of his colleagues will be serving the aspirants coming for the Course/Retreat.

**General Food and Food timings:**

7am to 7.15am: Herbal tea or Lemon, honey mixed with plain water before the class starts.

9am to 10am: Meal time. This food is your main meal so feel free to eat as much as you can easily digest. At this time, we serve rice varieties, chapatti (Indian bread), lentils (Daal/Sambar), salad, vegetable curries, and a dessert on certain occasions.

1pm to 1.30pm: fruit/fruit juice (Fruit bowl with Juice/Herbal Drink/Tea)

6pm to 7pm: Dinner (Iddaly, Dosa, Upama etc., Lentils, Vegetable Dish, Salad, Herbal hot drinks and Occasional Deserts).

\*\*\*These above food timings and food are general idea and are tentative and there can be substantial changes according to the need. For every Course/Retreat there is a separate daily programme regarding food and classes as well which is mentioned in the particular pages for the Course/Retreat.

We don't provide Lunch and it is logical from the Yoga course point of view. Heavy food at brunch time is sufficient for sustaining the body for long hours. At the same time a light stomach is also required for the afternoon classes. If you need to have something in between you can keep something healthy with you always. Fort Kochi has many shops from where you can buy many healthy food stuffs. But make sure that your stomach is empty before you are doing Asana and Pranayama classes. On an average heavy food like grains etc. takes 3 hours to digest and fruit takes 30 to 40 minutes to digest.

**Accommodation:**

We arrange the accommodation for all Courses/Retreats in the nearby homestays.

**Food:**

Sattvik (suitable for Yoga) vegetarian South/North Indian food. For Health Restoration Programme which requires additional care we have different food arrangement that is decided on the arrival of the aspirants only.

**Drinking Water:**

We provide filtered water for drinking purpose. Bring a water bottle with you. The weather at Fort Cochin is normally hot so you need to drink plenty of water. On an average we need to consume 3 to 4 liters of water every day. In the class also you need to bring your filled water bottle.

**Forbidden Items:**

Alcohol, drugs or any kind of intoxicant is strictly forbidden. Non-vegetarian food is also not recommended during the course.

**A few words about Fee:**

**Course fee:** For different Courses/Retreats there are different fees and fee structures which are put on the individual pages for the respective Courses/Retreats. The Course/Retreat fee does not include Flight tickets, Airport Pickups and drop backs, day tours, tours after and before course, any other transport costs and student's personal expense in miscellaneous ways. "Those who can't afford the total course fee, if they can arrange their accommodation and food they can be allowed to participate in the course with half payment of the course fee and in exceptional cases they can have total exemption in the course fee". Please, remember that this is only for those who have got no alternative but are seriously looking for the Yoga classes. This privilege must be resorted to when there is no way left. We cordially welcome those seekers!!!

**Making payment:** The transfer of money via bank requires some bank charges/commissions. These charges/commissions are not much and they should be borne by the sender only. For paying the remaining fee excluding the deposit amount we accept the remainder amount in cash in India rupees (currency in India is Rupees) mainly and you get a receipt for the money paid to us. There is a reason behind this. Bank transfers in India has gone more complicate because of the observance of F.C.R.A laws. Indian Govt. is very strict about this and any foreign

transaction is properly scanned. This takes a lot of processing and time. We are not rich people and big businessman that we can invest our own capitals for the expenses coming every day. We have started our journey only and this is a lot of expense we have in general. We have to pay for everything such as house rent for the Yoga School, payments for the arrangement of the things needed for the course coming and payments to those helping in our work etc. If we wait for the bank transfers and its processing we can never accomplish the things on time. So you are requested to help us in this regard.

### **Some information about money exchange:**

The currency in India is Rupees (INR) which you can personally get from many money exchange banks/agencies/agents at walking distance in Fort Cochin. The money agents can also personally reach for one or two days at the start of the Course/Retreat or during the Course/Retreat to enable you to exchange money. But it is only when you want to go this way. These agents take their commissions so it is better you get your money exchanged from any money exchange banks/agencies/agents. While exchanging the cash from Euros, Australian/US Dollars etc. please make sure the current exchange rates on [www.xe.com](http://www.xe.com).

Please avoid changing money from any Indian airports as they give very low rates after deducting taxes. You can also get cash for yourself from your Credit/Debit card through the money agents which is similar to drawing money from ATM but with some commission. Please make sure of the restrictions and daily limits of withdrawing money. There are plenty of ATMs all over India but you can withdraw only 10,000/ INR per transaction at one time. In addition to these the (<http://www.westernunion.com/>) and ([www.moneygram.com/](http://www.moneygram.com/)) are two popular International Money transfer services using which either you or your family member or you friend can send over money anywhere in the world. For your convenience we hint at the normal exchange rates which keep changing as per the day:

1 USA\$: 60 rupees Indian

1 EURO: 70 rupees Indian

1 Australian\$: 47 rupees Indian

1 Swedish Kr: 7 rupees Indian

The above are the gross idea. It keeps changing but there is always a little bit change in the rates. You can always check the current rates at [www.xe.com](http://www.xe.com).

## 4. Preparation

### Things to be brought:

**Photocopies:** For all the Courses/Retreats please bring 5 copies each of your passport main page; which has the passport number and your photo and the page that has the India Visa. Leave one set at home with your family or friends. Keep one scanned copy of the same in your email to print whenever you need. Photo copies of these documents are much needed during your stay in a foreign country so it is always useful to keep sufficient photo copies in case of any need and emergency.

**Photos:** For all the Courses/Retreats at least two passport-size photos with smiling face to attach with the application and another for certificate. Please keep sufficient passport-size photos because you will need these much during your stay in a foreign country in case of any need and emergency.

**Cloths:** For all the Courses/Retreats at least three pairs of loose fitting clothes for Yoga classes because you need to change the clothes often. Cotton garments are ideal for this weather. You can also buy trousers/shorts/tops here at Fort Cochin from local shops. We recommend white cloths to be more applicable during Your Yoga course for all classes. But it is not mandatory. You can have your choices.

**Warm Clothes:** For all the Courses/Retreats you can bring a light woolen sweater/jacket and a few pairs of socks as sometimes frequent rains may lower down the temperature and you might feel cold during nights and in the early mornings.

**Umbrella and Cap:** You can bring a personal short umbrella or rain jacket because weather at Fort Kochi is sometimes unpredictable and there are frequent rains for some hours. You should also need to have a big cap to protect you from scorching sunlight. The sunlight followed by rain is very difficult.

**Towels & Bedding:** For all the Courses/Retreats you will be provided Towels, bed-sheets, pillow covers/pillow and light blankets here according to your need and demand although we recommend you may bring your own towel/bed-sheets/pillow covers for health and hygiene.

**Toiletries:** You can buy the basic toiletries like soap, toothpaste, tooth brush, toilet paper etc. from local shops at Fort Kochi. However, the quality of these products in India may not be up to the western standards. Better have these from you own place including cosmetics or sun creams.

**For Women:** Sanitary pads are available in India but sometimes they don't fit to your needs so it is always better to bring sufficient of these with yourself. Tampons are not available in Bharat (India).

**Yoga Mat:** For all the Courses/Retreats Yoga halls already have sufficient Yoga mats. You can also buy new mats from the local shops. But we recommend students to have their personal Yoga mats. From our personal experience we can say that Yoga mats are like our personal cloths. It must be very personal. Other than this a new Yoga mat in the beginning is slippery for at least 2 to 3 weeks and it does not bring sufficient grip to the legs and hands. So it is always better to have a used but strong personal Yoga mat for the practice.

**Electric and Electronic equipment:** If you are bringing any electric or/and electronic equipment or chargers, you may need a universal Plug adapter as your plugs may not fit in India.

#### **Some more important things to be brought:**

Pad-Lock for your room(preferably a Number lock), Notebook and Pens, Flash Light, Alarm Clock, First-Aid Medicines, Sun-glasses/Sun-Screen/Sun-Hat, Insect Repellent (preferably non-chemical), Water Bottle, Sandals for room/campus etc.

#### **Things to be brought for "Health Restoration Programme":**

Those participating in the "Health Restoration Programme" must bring all medical reports if they have, all medicines for daily use or to be taken at certain intervals, sufficient needed cloths, walking sticks if they use, recommended soaps, shampoos, body and hair oil, Inhaler for persons with respiratory problems, one glass made of glass which can contain 300 to 400 grams of water and anything important that they need to have with them.

#### **Preparation for the Course/Retreat:**

For all the Courses/Retreats except "Health Restoration Programme" (Because in this programme only selected practices are recommended after observing an aspirant in person) you need to be prepared because during the time of the Course/Retreat you will pass through a lot of changes at physical, mental and emotional levels. The disciplines of Yoga penetrates different layers of human existence (please see to Faq menu of the website regarding this) so maintain an accepting attitude. The classes are always gentle, according to the need and

limitation of the aspirants yet completely effective. You will be having your body standing on feet and standing on head as well in course of time. From Tadasana (Palm tree) to Sirsasana (Headstand) and from Padangulinaman (Toe bending) to Vrishchikasana (Scorpion) also will be our journey but with a systematic approach. We expect from you all to be co-operative to us and receptive to all the faculty members. We will do our best to bring to you all a broader view of Yoga so you can practice and disseminate the same according to your own way. We are practitioners only and we will offer unto you the same practices. Either you are to start your Yoga journey or you have been practicing Yoga or you have been teaching Yoga; in all these situations the Course/Retreat will fit you the most.

### **Some suggested practices:**

We suggest you some simple practices which you need to be practicing as a preparation of your body, mind and emotion for the Course/Retreat.

- Movements of Joints (from toes to neck) - at least 5 times each joints.

Hint: All joints can be moved backward, forward and it can be rotated clockwise and anticlockwise. So this way slowly you have to practice these joint movements.

- Practice of Breathing (In Shavasana) - Abdominal breathing - start with 20 breathing the first day and maximum go up to 100 breathing.

Hint: Lie down on your back like a dead body with palms facing sky besides thighs. Keep your eyes gently closed, maintain the stillness of the body. Watch your breath for few seconds. Then consciously expand the belly with inhalation and contract the belly with exhalation. One inhalation and exhalation constitutes 1 breathing. This way 20 breathings should be in one go. Then watch your breath and when your breathing becomes natural again follow the next 20. In first 3 days continue till 2 rounds only but in one week go up to 100 breathings in 5 rounds. After each round take a pause and watch the breath. Then sit up gently from the right side of your body, rub your palms against each other to get them warm, put them on your respective eyes to relax your eye muscles, do it for 3 times and gently open the eyes.

These two above mentioned practices must be practiced with keen awareness. Then you are ready enough for the concerned coming Course/Retreat.

### Suggested books on Yoga:

Although Yoga is a practical thing still sometimes we need to have something with us to seek some suggestions and help. We recommend you some books for this regard. But no practices from any of these recommended books should be done except under sound guidance.

- i. "Asana Pranayama Mudra and Bandha" by Swami Satyananda. You can download pdf file of this text from our website on Download menu.
- ii. "Patanjali Yoga Sutras" (Any commentary) but we recommend Swami Vivekananda's commentary on this. You can download pdf file of this text from our website on Download menu.
- iii. "The Science of Pranayama": Swami Sivananda Saraswati. You can download pdf file of this text from our website on Download menu.
- iv. Yoga Philosophy: Any book available to you.
- v. Anatomy and Physiology: Leslie Kaminoff
- vi. Wiki Page on Yoga: please look up this link-<https://en.wikipedia.org/wiki/Yoga>

We are all in the process of being mature and our congress at this Yoga Course/Retreat is also one of the processes to unfold the sense of oneness with one another. Therefore we need to be ready to deal with anything coming in our way and use it as a tool for us in those regards. We would like to quote here a beautiful verse from the Vedas which highlights the virtue of oneness:

### Sanskrit:

ॐसंगच्छध्वं संवदध्वं संवोमनांसिजानताम्

देवाभागं यथापूर्वं सञ्जानानाउपासते ॥

Transliteration:

Aumsaṅgacchadhvaṃ saṁvadadhvaṃ saṁvomanāṁsijānatām

devābhāgaṃ yathāpūrve sañjānānāupāsate ॥

Translation:

May we move forward with a common aim. May we be open-minded and work together in harmony. May we share our thoughts for integrated wisdom. May we follow the example of our ancestors who achieved higher goals by virtue of being united.

We pray that the universe may lead us in our life with the spirit enshrined in this verse from the wisdom of Vedas!!!

## 5. Yoga School Rules

- All the classes for all the Courses/Retreats are to be attended however in case of emergency leaves are granted.
- Use of laptops, Ipads mobile phones in the Yoga Hall is allowed for the sake of help in the study.
- During food time it is better to maintain silence.
- Drinking water, mineral supplements etc. is allowed to bring to the Yoga hall.
- We request you all to use internet as less as possible in order to save yourself from distractions.
- Publishing of any recordings, photo, videos, audios of the Course/Retreat is subject to approval of the founder of the Yoga School.
- Any damage to the things in the Yoga halls and the homestays caused by the student/students will be furnished by him/them.
- Intimacy to anyone is the sole responsibility of the aspirant involved. The Yoga school is in no way responsible for any pleasant or unpleasant happenings arising out of that.
- Use of alcohol, non-vegetarian items, intoxicant during the Course/Retreat should be avoided.
- In the wake of inappropriate behavior we reserve the right to politely ask you to leave the Course/Retreat.
- Students leaving the Course/Retreat before its completion will not be refunded.
- Although Fort Cochin is a tourist place still we request the students to respect the local culture. Modest dress covering shoulders, knees and midriff are always respectful in Indian culture. Shorts, mini-skirts, sleeveless tops, cloths displaying your cleavage or belly-button save on the Beach and tourist area might fetch unwanted attention and comments.
- Participation in selfless service (Karma Yoga) is welcome. This is personal interest only.
- The above information is true to the best of the knowledge however some substantial change can be made according to the need and situation available.

*Please read these above carefully since your joining to the Course/Retreat is acceptance to these.*

Looking forward to see you soon here!!!

हरि ॐ तत् सत् (Hari Om Tat Sat)