

Yoga Workshop, October 1-10, 2012, in Goa, India  
Acceptance Letter (updated May 11, 2012)

Dear

Date:

We are delighted to inform you that your application for the Yoga Workshop from October 1 to 10, 2012, Goa has been accepted. The facility located on the beach offers excellent comfort, tranquility and elegance. Please check it out at <http://www.aashyanalakhanpal.com/>.

It is strongly recommended that you book your flights early; there is heavy traffic during this season.

Please visit <http://www.yogirama.com/Goa12weblist.htm>. The color red or pink in the table indicates that we need that information for you. Some of this information when received may not be posted on the web site but will be held in our file.

The facility will provide wonderful environment for rejuvenating yoga to make your experience enjoyable and rich with a good blend of the ancient tradition and modern amenities. There are a few things to keep in mind as you enter the culture and daily life of India. Please review these in the *Application Form* on the web site at [www.yogirama.com/Goa2012Appl.pdf](http://www.yogirama.com/Goa2012Appl.pdf), so that you are clear about all the terms. Feel free to contact Leslie Howard or Ramanand Patel if you have any questions. The following information is for your travel within and outside India.

**Arrival and Departure:**

- a. Plan to arrive after lunch on October 1, 2012, directly at **Aashyana Lakhanpal** as stated in the *Application Form*. If you wish to be received at the airport in Goa you must inform us ten days prior to your arrival.
- b. Most participants will arrive into Mumbai International Airport in the night of September 30. They will then take the flight from Mumbai domestic airport to Goa on October 1. There is a free bus service connecting the international airport to the domestic airport.
- c. Please refer to the notes at the end of the list of participants posted at [www.yogirama.com/Goa12weblist.htm](http://www.yogirama.com/Goa12weblist.htm). Also make sure all your information is current on that page.

- d. If you wish to arrive a day earlier (September 30) Mr. Sethi the manager will arrange to receive you at the airport and accommodate you at the resort. If you choose to arrive a few days before September 30, there will be no room at the resort but Mr. Sethi will help you find a hotel nearby. For this service you must let Mr. Sethi know your flight details as soon as possible. He will also let you know the cost of these extra services. In your correspondence with him make sure that you let him know that you are part of Ramanand Patel workshop. You may contact him directly by e-mail at [contact@aashyanalakhanpal.com](mailto:contact@aashyanalakhanpal.com).

For help with other matters please write to Ramanand Patel at [yogirama@aol.com](mailto:yogirama@aol.com), or to Leslie Howard at [LeslieHowardYoga@gmail.com](mailto:LeslieHowardYoga@gmail.com)

**VISA:** All non-Indian citizens are required to have VISA for entering India. You must enter India within three months after getting a valid visa; therefore do not obtain the visa too early. Also make sure that passport has minimum of six months (preferably one year) validity after the day you plan to arrive in India. Apply for a "Tourist" visa and do NOT say you are going to study yoga. As of February 2008 the VISA application requirements have changed in some countries. For USA, please refer to the notes at the end of the list at [www.yogirama.com/Goa12weblist.htm](http://www.yogirama.com/Goa12weblist.htm).

**Things to Bring:** Each participant must bring 1 sticky mats for yoga. Aashiyana Lakhanapal will provide some mats and other yoga props such as blankets, blocks, etc. A list of optional things you might want to bring with you will be mailed to you separately, and will be posted on our web site at [www.yogirama.com/Flyers.com](http://www.yogirama.com/Flyers.com)

**The Facility:** For information on the facility please view the web site at <http://www.aashyanalakhanpal.com/>. Please notify us ahead of time if you have food allergies or dairy intolerance. Every effort will be made to accommodate these types of situations. However, our ability to help in India may be limited. If you have very specific dietary requirements of particular foods, please arrive with your own provisions and be prepared to take care of these needs on your own. Access to the main kitchen is not possible. Our residence will be in the casinhas; in general the use of the main villa will not be permitted as we are not paying for it.

The facility offers some limited Internet connection for use of residents. However, this as well as international phone call facilities are available at many places in Goa.

It appears that child-care facility can be provided through the Nurses' Guild. We need to let them know a couple of months in advance as to how many baby sitters would be required during day or night or 24 hours. As of now they charge about Rs 200 (about \$4.50) per person per shift (day or night). Besides there is a one time Rs 500 (about \$11.20) registration fee paid to the Nurses' Guild.

We look forward to greeting you in India.

Namaste,

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The above letter was first posted on this web site [www.yogirama.com](http://www.yogirama.com) in June, 2011. The registered participants will be notified when any revision is posted.