

Yoga & Sound Workshop, February 26 to March 11, 2009, in Rishikesh,  
India  
Acceptance Letter

Dear

Date:

We are delighted to inform you that your application for the Yoga and Sound workshop from February 26 to March 11, 2009 in Rishikesh, India has been accepted. Rishikesh, revered by countless millions, has been a home to many spiritual seekers, teachers and ascetics for several thousand years. The ashram, on the banks of the famous Ganga River, is the home and school of our beloved Swami Dayananada Saraswati. This ashram has been invoked and blessed by many thousands of incredible minds and hearts from all over the world that have come to seek the traditional teaching of the Vedas. The ashram staff will be providing wonderful environment and yoga studio to make your experience enjoyable and rich with a good blend of the ancient tradition and some modern amenities.

As we have stated in the Application Form there are a few things to keep in mind as you enter the culture and daily life of India. Please re-read the Application Form so that you are clear as to all the terms, and feel free to contact Nila if you have any questions. The following is the information that is pertinent to your travel within and outside India.

**Arrival and Departure:**

a. Plan to arrive directly at the Swami Dayananda Ashram, Purani Jhadi, Rishikesh, Uttar Pradesh, India on Wednesday February 25, 2009 after lunch. If you have applied to begin later, you may arrive after lunch on the day prior to that beginning day. Most participants will travel from Delhi to Rishikesh on Wednesday February 25. Journey by car may take about six to eight hours. For return journey it is advisable that you allow an overnight stay in Delhi. It is strongly recommended that you book your flights early as there is heavy traffic during this season.

b. If you need help in getting to Rishikesh from Delhi or with hotel accommodation in Delhi you may contact Ms. Veenita Sinha of Exotic Tours at [exotictr@del2.vsnl.net.in](mailto:exotictr@del2.vsnl.net.in) (“del” in this address is spelled as in “Delhi”). While we cannot guarantee her services, we have had excellent service from her in the past. Alternatively, your airline or travel agent may be able to help you. If you let Ms. Sinha know ahead of time she may help coordinate a bus travel from Delhi to Rishikesh. For proper discount it is essential that you let Ms. Sinha know that you are from Yoga and Sound group. AS A MORE RECENT REVISION, MUKESH HAS OFFERED TO HELP COORDINATE THE HOTEL ACCOMMODATION IN DELHI, THE TRANSPORTATION FROM DELHI TO RISHIKESH ON THE MORNING OF THE 25TH FEBRUARY, AND THE SIGHT SEEING TRIP; YOU CAN ALSO BE RECEIVED AT THE AIRPORT. WHILE MUKESH HAS VOLUNTEERED HIS HELP, THERE WILL OF COURSE BE ADDITIONAL FEE PAYABLE TO THE TRAVEL AGENT. PLEASE LET US KNOW IF YOU NEED THIS HELP BY WRITING TO [yogirama@aol.com](mailto:yogirama@aol.com), [Nilasur@aol.com](mailto:Nilasur@aol.com) AND [ambrishchhaya@hotmail.com](mailto:ambrishchhaya@hotmail.com) When your request is received it will be posted on the web site under LIST OF PARTICIPANTS. You will be notified when that list is posted on the web site.

**VISA:** All non-Indian citizens are required to have VISA for entering India. You must enter India within three months after getting 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. Such VISA can be obtained from the nearest Indian Embassy or Consulate office. If you need help to locate this in your country, please contact Nila.

**Travel Agent:** Many agents seem to block a number of seats on these flights and hence trying to book seats on the Internet or by calling the airlines directly can be very frustrating. You can choose any travel agent to book your travel to India. We have found Jyoti Thakar, a travel consultant in the Bay Area very helpful. Her phone number is 408-737-7000 extension 227; her E-mail address is [Jyoti@tripsandtravel.com](mailto:Jyoti@tripsandtravel.com) and she is usually in the office from 1:30 to 5:30 PM California time.

**Things to Bring:** Each participant must bring 1 or 2 sticky mats for yoga. The Gurukulam will provide 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](http://www.yogirama.com).

**Gurukulam Facility:** Generally Indian vegetarian meals are served for breakfast, lunch and dinner. 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. There is limited accommodation with attached kitchenette. As these belong to other residents of the ashram, they cannot be guaranteed in advance. These will be assigned on a first come basis at the last minute if requested.

Proper clothing is necessary to be respectful of the ancient tradition. Yoga attire is fine in the yoga studio; however, in the dining hall, the lecture/temple hall, and on the ashram grounds you will need to dress modestly. Generally long skirts or dresses with sleeves for women and loose pants and shirt for men are acceptable. Sun bathing on the riverbank or the ashram grounds is inappropriate. It is helpful to bring country shoes, a flashlight, an umbrella and warm clothing. The ashram is in the foothills of Himalayas and while the general temperature in India begins to be warm or hot, the ashram may be cool or occasionally cold at that time of the year.

Tobacco, alcohol, recreational drugs and non-vegetarian foods are not welcome on the grounds. No consumption of these things should take place inside the ashram. It would also be unacceptable to go out drinking and return to the ashram intoxicated. Please be quiet in the evenings after the final class. Social activities should be circumspect and modest.

The ashram does not offer spa type amenities. It has a wonderful library, and priests to perform rituals in the temple. Individual pujas (prayer rituals) can be arranged. Rishikesh itself is full of many ashrams and other facilities of interest.

International phone call facilities are offered at the ashram and many other locations in Rishikesh and are improving rapidly throughout India. Laptop computer hookups do not operate without a local dial up number because of the telephone system. However, many Internet connection shops are available outside the ashram. The office computers are reserved for the ashram staff only. The ashram is attempting to get Internet connection for use of residents.

If you have questions or need help with matters regarding this workshop or travel please feel free to contact Nila. We look forward to greeting you in India. For questions or help with post workshop sightseeing trip please see below.

**SIGHT SEEING TRIP:** Ms. Naina Chhaya (Mukesh's sister) is working hard to work out final details of this trip. To join the trip please correspond **directly** with Ms. Naina Chhaya at [ambrishchhaya@hotmail.com](mailto:ambrishchhaya@hotmail.com) OR call Mukesh Desai in USA at 570.994.2522-C. As details on this sightseeing trip become available they will be posted on our web site at <http://www.yogirama.com/YSTour.html>.

**A TYPICAL DAY AT THE ASHRAM:** The information below is based on our past experience at the ashram. We will attempt to follow it or improve on it. However, in India we are at the mercy of too many unknown or unpredictable factors. So we cannot guaranty that this format will be followed.

6-6:30 AM: Aarati (Optional morning Puja/Prayers)

7-8 AM: Breakfast\*

9:30-12 Noon: Asana class – Iyengar style instruction with sound.

For details of this please refer to the web site at  
<http://www.yogirama.com/sound.html>  
and <http://www.yogirama.com/Ming.html>

12:30 – 1:30PM: Lunch\*

3:30 PM: Tea

4-6 PM: Music class followed by asana/pranayama

6-6:30 PM: Aarati (Optional evening Puja/Prayers)

7-8 PM: Dinner\*

In the past we have been blessed with an hour of meditation with a resident swami; if we are fortunate Pujya Swami Dayanada himself will be present. Students are encouraged to seek private counsel with the swamis if they so desire. There is no fee for this but it is appropriate in the tradition to offer some donation at the end of your stay. Some evenings will be taken up with question and answers on yoga as requested by students.

\*Mukesh's sister Naina was able to get excellent cooks from our home state Gujarat. The meals were simply superb. Naina is working hard to repeat the favor.

Namaste,

Nila Patel

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Phone: 610-706-3196 E-mail: [Nilasur@aol.com](mailto:Nilasur@aol.com)

PS: Ramanand, Nila and Mukesh will be in India from near the workshop dates. For last minute contact please use Email only.

The above letter was first posted on this web site on March 21<sup>st</sup>, 2008. The letter was revised on \_\_\_\_\_. The registered participants will be notified when any revision is posted.