

Guestinformation

- We are a no-alcohol and no-smoking house.
- The food is all lacto-vegetarian and 100% organic.
- For everyone who likes to drink coffee, there is a coffee vending machine in the seminar-house Shanti. For breakfast we serve tea.
- Our Dining hall in the Mahameru on our campus is easy to reach in only a few minutes' walk.
- Please ask your organizer about the booked meal times.
- Your arrival is taken care of at reception in our house Shanti.
- Reception hours are daily from 8:10 am to 7:30 pm. Friday and Sunday we are open late until 10:00 pm.
- When you are coming from abroad it is possible to pay upon arrival with cash or ec- card (no credit cards accepted).
- The rooms can be occupied on your arrival day starting at 3 pm. On your departure day please be out of your room and bring your key to the reception at the latest by 12:30 pm.
- Every Friday and Sunday there are house tours at 3:30 pm and 7 pm. The meeting point is reception in the House Shanti.
- All building exits are closed between 10:45 pm and 6:00 am for insurance reasons.
- In the seminar house we keep silence from 10:45 pm to 7:30 am (No talking)!
- Bed sheets and towels can either be brought with you, or rented to you with payment of a small fee (bed sheets 5 €, each towel 2 or 3 € depending on size) at reception. Our beds has an excess length of 2,20 m.
- Overnight stays beyond the group seminar period will be charged at the "individual-guest-price" and include dinner and Brunch and 2 yoga classes.
- The first yoga-class in our house is free. Any additional yoga class costs 9€.
- If you would like child care we can arrange that for or please contact directly towards:
kinder@yoga-vidya.de, Tel.: 05234-872021
- In the mornings and evenings there is the possibility to participate in meditation, mantra singing, (or your actual program according to your organizer).

- Information about further free open events from Yoga Vidya you can get in site.
- In the fitness and health centre on our campus - Wellvita – you can use the swimming pool for free at the stated opening times.
- There is the possibility for your cost free individual retreat in our integrated Shivalaya monastery- and retreat centre.
- You have the possibility to book an Ayurveda massage. It is necessary to book early as it can fill up.
- Our boutique offers you a diverse selection of books, cd's, incense, organic juices, etc.
- In our coffee lounge area there is free internet access.
- Please order a taxi if needed timely in advance (several days).
- We appreciate any help you can offer with cleaning your room (stripping the beds, emptying the trash, etc...).

We hope this information will help you.

We wish you a pleasant stay and a successful seminar.