

House information for organizer/seminar facilitator

Please give the following information about our facility to your participants

- We are a no-alcohol and no-smoking facility.
- The food is lacto-vegetarian and 100% organic.
- For coffee drinkers, there is a coffee vending machine in Seminar House Shanti. For breakfast there is tea.
- Our dining hall in the Mahameru on the campus of Yoga Vidya is an easy walk of a few minutes.
- Please give the meal time schedule for your group to your participants.
- 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.
- Please inform your seminar participants that when you are coming from abroad it is possible to pay upon arrival with cash or ec- card (no credit cards accepted)
- The rooms are available for check-in on your arrival day at 3 pm. On your departure day you must be out of your room and turn in your key to reception by 12:30 pm.
- Every Friday and Sunday there are house tours at 3:30 pm and 7 pm. The meeting point is the reception area in the House Shanti.
- Building exits are closed from 10.45 pm until 6:00 am for insurance reasons.
- In the house we keep silence at night from 10:45 pm to 7:30 am (No talking)!
- Bed sheets and towels can either be brought with you or rented from reception with payment of a small fee (bed sheets 5 €, each towel 2 or 3 € depending on size) at reception. Our beds are 2,20m long.
- Overnight stays beyond the group seminar period are charged at the “individual-guest-price” and include dinner and brunch and 2 yoga classes.
- Keep our walls free of posters, placards, flags, pictures, etc.
- If your participants need child care please contact directly: kinder@yoga-vidya.de, Tel.: 05234-872021.

- The first yoga-class in our house is free. Any additional yoga classes cost 9 €.
- You have the possibility to participate in our meditation and mantra singing sessions every morning and evening.
- Information about additional open and free events at Yoga Vidya are available on arrival.
- In the fitness and health centre - Wellvita – you can use the swimming pool free during selected times (please ask at reception).
- You have the possibility of an individual retreat in our integrated Shivalaya monastery and retreat centre.
- You also have the possibility to book an Ayurveda massage. It is necessary to book early as times fill up.
- Our boutique carries a diverse selection of books, cd's, incense sticks, bio-juices, etc.
- In our coffee lunch area there is free internet access (also WLAN).
- Please order a taxi if needed timely in advance (several days).
- We are glad for 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