

House information for seminar participants

- We are an alcohol-free, non-smoking establishment.
- The catering is purely vegan and 100% certified organic.
- For all coffee lovers, a vending machine is available (only) in the Shanti seminar house for a fee. Tea is available free of charge at reception. We have a water fountain with various water filters, please bring a bottle to fill for your stay.
- Our dining hall in Mahameru, on the Yoga Vidya campus, is just a few minutes' walk away.
- Please ask your organizer for the meal times booked for you.
- Arrival is at the reception in the Shanti seminar house.
- Reception opening hours are daily from 8:10 am - 7:50 pm, Fri. & Sun. additionally until 10:15 pm. On Saturday the reception is open until 19:30.
- When arriving from abroad, cash payment or payment by EC card is possible on the day of arrival.
- The rooms can be occupied from 3 pm on the day of arrival and must be vacated by 12:30 pm on the day of departure. The room key must then also be handed in.
- We would be delighted if you could help with the room cleaning (stripping beds, emptying garbage cans).
- On Friday and Sunday at 15:30 and 19:00 there is a house tour. It starts at the reception in House Shanti.
- For insurance reasons, the outside doors of the Shanti seminar house are closed between 10:45 pm and 6:00 am.
- Night's rest (silence) applies in the house between 10:45 pm and 7:30 am!
- You can bring your own bed linen & towels or rent them for a fee. (Bed linen 5 €, per towel 2 €, per shower towel 3 €). Our beds have an extra length of 2.20 m.
- Overnight stays outside the seminar period are charged at the Yoga Vidya individual guest rate and include dinner, brunch and 2 yoga classes.
- The first yoga class in our house is free of charge. Each additional yoga class costs €11.
- If you would like childcare, please contact us directly at:
kinder@yoga-vidya.de , Tel.: 05234-872021.
- In the mornings and evenings you have the opportunity to participate in meditation and mantra singing via our in-house program.

- You can find out about other free open Yoga Vidya events on site.
- You can use the possibility of an individual retreat in our integrated Shivalaya monastery and retreat center free of charge.
- We offer you the opportunity to book Ayurvedic massages. Early booking is required.
- Our boutique invites you to browse for various purchases of books, CDs, incense, organic juices etc.
- You have free internet access via WLAN in the Café Maya area.
- We have a sauna (8,-€), please ask at the reception.
- Please order a cab in good time (a few days in advance) if you need one, the Yoga Vidya transportation service is unfortunately not available for guest groups!

We hope this information will help you.

We wish you a pleasant stay and a successful seminar.

**If you have any questions or would like to
would like to plan an event with us,
then please contact us:**

Yoga Vidya e.V.
Seminarhaus Shanti
Gastgruppenbetreuung
Yogaweg 1
32805 Horn-Bad Meinberg

Tel: (0 52 34) 87 – 23 32

Fax: (0 52 34) 87 – 23 34

E-mail: gastgruppen@yoga-vidya.de

Internet: www.seminarhaus-shanti.de