

Instructions for Shivar Attendees

- Before registering for the shivar, please read the below instructions for attendance to the shivirs. These instructions have been stipulated by Babaji and will be applied to all attendees.
- You are requested to read them carefully, and register ONLY if you are willing to abide by them.
- The shivar organizers reserve the right to modify these instructions based on information from Babaji.

Application and eligibility criteria

- Please review the FAQ page to ensure you meet the eligibility criteria for the shivar which you are applying for.
- All attendees are required to make payment in full at the time of registration via the payment options provided. Unresolved payment issues will result in cancellation of registration.
- The registration fee is non-refundable. Please do not register if you are not sure whether you will be able to attend the event.

Prohibited Items in the sadhna hall

- Copyrights and Trademark: Audio/Visual recording and photography are STRICTLY PROHIBITED.
- Food and drinks (except water bottles) are STRICTLY PROHIBITED.
- External footwear is prohibited in the sadhna hall. Attendees are required to remove their shoes outside the hall in designated areas.
- All mobile phones and other electronic devices (including wrist watches, cameras, iPods, iPads, laptops, and audio/video recorders) are STRICTLY PROHIBITED in the hall. Please keep these items in your car or in the lockers provided outside the sadhna hall. They must be switched OFF if you keep them in the provided lockers.
 - **Please note: Attendees with devices that are found to be switched on in the sadhna hall will be escorted out and will not be allowed back inside the hall. They may also be banned from attending other future ShivYog events.**
 - **All prohibited devices brought into the sadhna hall will be confiscated and returned only at the end of the shivar.**
- Large jewelry, make up, and perfume/cologne/fragrances are prohibited.
- You are advised to not bring any valuables to the shivar. You may carry money and cards in a small wallet. The organizers will not be responsible for any loss.



Sadhna Hall Etiquette

The sadhna hall is a sacred space. Higher energies are invoked and energy levels are built up over the course of the shivir to help. Many sadhaks wish to continue meditating during breaks in this divine space. All attendees are required to respect the sanctity of the space and practice **complete silence** in the sadhna hall at all times (except when chanting!). All sadhaks may be asked to leave the hall during breaks and will not be allowed back in until the session resumes.

Badges will be issued prior to the start of the shivir. Badges are nontransferable. You must wear your badge every day of the shivir. You will not be allowed into the hall if you are not wearing your badge. **If you lose your badge, a new badge will not be issued and you will not be allowed back into the hall.** Please be mindful of this rule.

You must sit in your assigned seat. No seat change requests will be entertained. Please dress comfortably and modestly.

Dietary Requirements

- A light vegetarian meal which may include fruits, salads, soups and lentils will be served.
- Outside the shivir premises, attendees are expected to follow a similar vegetarian diet and refrain from consumption of wheat, caffeine and other stimulants.
- Special dietary requirements are not catered for. Food may contain dairy, nuts, and other allergens. In case of special dietary requirements and allergies, attendees are strongly advised to bring their own food.

Medical Information Disclaimer

ShivYog DOES NOT:

- Diagnose medical, psychological or other health conditions.
- Prescribe treatment or cure for medical, psychological or other conditions.
- Provide rehabilitation facilities.

ShivYog is an ancient Eastern practice of unifying the body, mind and spirit through yoga, meditation and chanting techniques.

- After being initiated in these practices by the learned, experienced, and enlightened master, continued practice over a period of time may bring about a positive change to the practitioner's physical, emotional and mental well-being.
- ShivYog courses may include optional physical and breathing exercises as well as suggested dietary restrictions. Please consult your medical practitioner prior to attending the course and making changes to your diet.





Handicap Accessibility

Event organizers make their best attempts to provide handicap accessibility. However, since ShivYog events are held in rented venues, organizers cannot make guarantees on accessibility for the physically and mentally challenged.

