Shiv Yog®
EMERGING INFINITE

Frequently Asked Questions

1. **What are the eligibility requirements to attend the shivir?**
   The Durga Saptashati, Mass Healing, Cosmic Healing, Art of Self Realization, and Advait Sri Vidya Level 1,2,3 shivirs are open to all.

   To attend Sri Vidya Level 4, you must have attended Advait Sri Vidya Level 1,2, and 3.

   To attend Cure is Possible, you must be a doctor or medical professional.

   To attend the Forum Orientation, you must be a current ShivYog forum member.

   *Please review the Instructions for Shivir attendees to ensure that you can abide by all the rules of attending the shivir. If you cannot abide by all the rules, please do not register for the shivir.

2. **Can I meet Babaji in person?**
   Babaji does not meet anyone in person.

3. **What is a shivir?**
   Shivir is a Sanskrit word that literally means 'camp'. In this context, a shivir is a non-residential retreat comprised of discourses on Shiv Yog practices, instruction on meditation and actual meditation sessions. The days typically are split into three two-hour sessions. A light vegetarian meal is provided.

4. **Who is the shivir organized and facilitated by?**
   ShivYog sadhaks in your city

5. **What language will the shivir be conducted in?**
   Shivirs are conducted mostly in English. However, some parts may be explained in Hindi. Translation services are not provided.
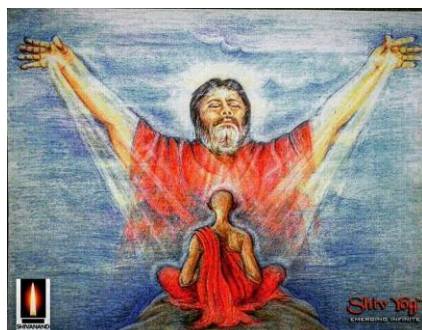
6. What will be the schedule for each day?
    Generally, there are three sessions per day. Each session is two hours long. However, this is subject to change and will be determined by Babaji.

7. What kind of food will be served?
    Light, vegetarian food.

8. If I have a special dietary requirement due to medical reasons, who do I inform?
    We are unable to cater for special dietary requirements. Light, vegetarian food will be served for all attendees. The food may contain traces of dairy, nuts, and other allergens. Sadhaks with food allergies and special dietary requirements are strongly advised to bring their own food.

9. What is the minimum age for registering for the shivir?
    Shivirs are open to everyone 12 years and over. Teenage children (ages 12-18) may attend the event under the supervision and complete responsibility of a registered adult. Children are expected to maintain discipline during the event and if their behavior is deemed to be disruptive or inappropriate by venue volunteers or staff, both the child and the supervising adult will be requested to vacate the venue.

10. How do I register for the shivir?
    Please visit www.shivyogglobalevents.com and click on "Register Online". This will direct you to the registration form with all the instructions. Each person registering must have a unique SHIVYOG ID (SYID). You may obtain a SYID free of cost by registering on the ShivYog Portal (www.shivyogportal.com). The SYID is required to attend all ShivYog events.

11. In case I am unable to attend the shivir, can someone else attend instead of me?
    Shivir attendance may be transferred to another person BEFORE the start of the shivir. If you need to do this, please contact the shivir organizers prior to the start of the shivir. Once the shivir has started, attendance is NOT transferable.
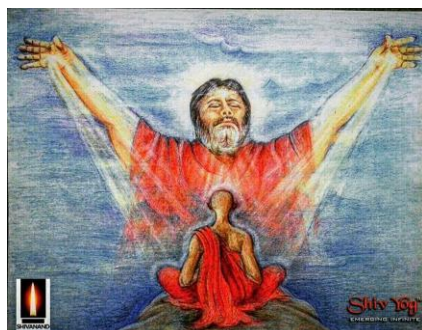
12. How should I dress for the shivir?
    Loose and comfortable clothing is recommended. We also advise warm layers as the temperature in the hall can fluctuate throughout the day.

13. Are there other ShivYog events or meetings near me?
    Please visit www.shivyogglobalevents.com for a complete listing of upcoming ShivYog events around the world. Visit www.shivyogindia.com for events in India. You may also join a ShivYog Forum.

14. What are ShivYog Forums?

    The ShivYog Forums are groups of sadhaks worldwide who come together to learn, share, and grow in a holistic meeting every week. The Forum is the platform where groups of individuals get to learn new things and practice collectively together. Visit https://www.shivyogportal.com/#/sy-clubs for a complete listing of ShivYog forums and to join one near you.