

**Shiv Yog Intensive Prati Prasav With Soul Revival - Shivir Instructions**

- Please see below, instructions for attendance to shivir. These instructions have been stipulated by Ishanji, 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.
- Organisers reserve the right to modify these instructions based on information from ashram.

**Application eligibility criteria**

Shivir	Requirements
Shiv Yog Prati Prasav With Soul Revival	Open to everyone <u>above 12 years</u>

**Dietary Requirements**

1. A light vegetarian meal **which may include fruits, salads, soups and lentils** will be served.
2. **Outside the shivir premises, attendees are expected to follow a similar vegetarian diet and refrain from consumption of wheat, caffeine and other stimulants.**
3. 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.

**Prohibited Items in the sadhna hall**

1. Audio/Visual recording and photography are strictly prohibited.
2. Food and drinks (except water bottles) are prohibited.
3. External footwear is prohibited in the sadhna hall. Attendees are required to remove their shoes outside the hall in designated areas.
4. All mobile phones and other electronic devices (including wrist watches with alarms) are required to be switched OFF in the hall.

**Please note:** Attendees with devices that are found to be switched ON in the sadhna hall will be escorted out.

**Sadhna Hall Etiquette**

Sadhna hall is a sacred space. Higher energies are invoked and energy levels are built up over the course of the shivir. Many sadhaks wish to continue meditating during breaks in this divine space. All attendees are required to respect the sanctity of the space and practise complete silence in the sadhna hall at all times (except when chanting!).

**Special Requirements**



If you have accessibility restrictions or other requirements due to a medical condition, then please email [syukshivirinfo@gmail.com](mailto:syukshivirinfo@gmail.com). We will try our best to accommodate your request.