

Shiv Yog Nectar of Life - Fitness Routine Of The Soul
Frequently Asked Questions

Date	Shivir	Contribution Fees	Eligibility Criteria
2nd - 3rd Jan 2018	Shiv Yog Nectar of Life - Fitness Routine Of The Soul	Main Contribution: £125 Front Seat: £175	Above 12 years

1. Can I meet with Ishanji in person?

Ishanji does not meet anyone in person.

2. What is a shivir?

Shivir is a sanskrit word that literally means camp. In this context, a shivir is a non-residential retreat comprising of discourses on Shiv Yog practices, instruction on meditation and actual meditation sessions. The days typically are split into three two-hour sessions. Light vegetarian lunch is provided.

3. What is a Shiv Yog Nectar of Life - Fitness Routine of the Soul ?

The backbone of all spiritual school of thoughts is that there is a deep divinity within every human being, a nectar of life so to speak. To learn The sequence of meditation techniques, yogic kriyas and Shiv Yog Pran Kriyas that lead us to this nectar is the objective of this program.

This is an excellent energy boost and entry point for beginners on the path of meditation, as well as experts who need to overcome the stagnation experienced during meditative practices.

In this program, we will work on:

- The physical body through Shiv Yog Sthool (physical) Kriyas
- Balancing of energies through Shiv Yog Pran (life force) Kriyas
- Deepening Meditations for peace and harmony
- Meditations to balance various frequencies that affect our life patterns

4. Who is the shivir organised and facilitated by? □

Body Mind & Soul (London) Limited

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. Are there any prior requirements for the shivir?

This shivir is open to everyone aged 12 and above.

7. Will this shivir help me?

Your level of openness and receptivity and the purity of your emotions and intentions will, in general, dictate how much the shivir benefits you.

General benefits include:

- Relaxation, revitalization and reinvigoration of body, mind and soul
- Kindle clarity of thought
- Improve interpersonal relationships
- Clear emotional baggage
- Unfold inner consciousness, boost external strength
- Raise quality of life

Benefits are cumulative over time, and also depend on the frequency of dedicated practise of the meditations after the shivir.

8. What is the venue of the shivir?

Dhamecha Lohana Centre ,
Brember Road,
South Harrow ,
HA2 8AX, UK

Please visit www.shivयोगglobalevents.com for latest information.

9. What will be the timetable of the day?

Generally, there are 3 sessions per day. Each session is 2 hours long. However, this is subject to change and will be determined by Ishanji.

10. What is the minimum age for registering for the shivir?

Shivir is open to everyone 12 years and over. Teenage Children (between 12 and 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.

11. Is there any concession on fees for any volunteer groups?

No, there are no concessions.

12. Can disabled people join the shivir?

Yes. If special care is required then please send an email to syukshivirinfo@gmail.com to discuss your requirements.

If you have special requirements for accessibility, please contact the organisers before hand. Shivyog events are held in rented venues and accessibility is limited to the features of each facility.

13. Is there any concession on the fees for children, disabled or senior citizens?

There are no concessions.

14. Are there any discounts for early registration?

There are no 'early-bird' discounts.

Seats are allocated when the payment is received.

15. What is the deadline for registration?

You can register for the shivir until the morning of the start date. You will NOT be able to register part way through the shivir

16. How do I register for the shivir?

Please visit www.shivyogglobalevents.com and click on "Register Online". This will direct you to an online registration form with all the instructions.

Unique SHIVYOG ID (SYID) is required for all individuals registering for event. 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.

17. How will I know that my registration has been accepted?

Once your payment for the shivir has been processed, you will receive a registration number.

18. Can someone personally come and collect the registration form and money from me?

This service is not available. Please use the online registration and payment facility.

19. 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. In case you need to do this, please contact syukshivirinfo@gmail.com in advance. Once the shivir has started, attendance is NOT transferable.

20. Will I need to pay the shivir fee for the help/carer who comes with me?

Shivir fee needs to be paid for anyone who enters the hall, including carers and helpers.

21. Is the shivir fee different for foreigners; can I pay in any other currency?

No, the shivir fee remains the same for everyone and it needs to be paid in Sterling Pounds.

22. What are the seating arrangements?

Chairs.

23. How will the seating be allocated?

You will be allocated a seat number and this will be your seat throughout this shivir. The seat numbers are allocated upon receipt of the payment.

24. Can I bring my own Aasan to sit on?

Yes, you can bring your aasan as long as this fits comfortably on the chair. Floor seating will not be permitted.

25. Can I phone or e-mail to reserve my seat first and later complete the registration?

No. Registrations and payments have to be made online. Your seat will be confirmed when the payment is received.

26. What kind of food will be served?

Light, vegetarian food.

27. If I have 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.

28. Can I bring my own food and drink?

You can bring your own food, which can be consumed in the dining area. Food consumption in the sadhna hall is strictly forbidden. Only water bottles are allowed.

29. How should I dress for the shivir?

Loose and comfortable clothing is recommended. We also advise warm layers, as the temperature can fluctuate through the day.

Registering for Seva

30. I want to volunteer for seva, whom do I approach?

You can register your interest for seva when you register for the shivir.

31. Can anybody volunteer for seva or are there any specific requirements?

Only sadhaks who are have attended at least 1 shivir previously, are eligible to volunteer for the seva.

32. Can I choose the seva of my own choice?

Seva will be allocated at the sole discretion of the organisers.

Accommodation and Childminder Facilities

33. What accommodation and Childminding Facilities arrangements are available during the course of the shivir?

For latest information, please visit www.shivyogevents.com

For Further Queries

34. What are the contact numbers if I have any additional queries?

Please ensure you read the entire FAQ section. If after reading this, you still have further queries, feel free to contact one of the following numbers:

+44 (0) 7766077713 | +44 (0) 7549645507 | +44 (0) 7947801915 |

+44 (0) 7835846201 | +44 (0) 7757530884 | +44 (0) 7758057972 Whatsapp Only

OR email : syukshivirinfo@gmail.com