

**Shiv Yog Programme for Youth - The Science of Success**  
**Frequently Asked Questions**

<b>Date</b>	<b>Shivir</b>	<b>Processing Fees</b>	<b>Eligibility Criteria</b>
13th Jan 2018	Shiv Yog Programme for Youth - The Science of Success	£25	13 to 24 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 Youth Programme - The Science of Success?**

"Young minds, Awaken your inner potential" - Ishan Shivanand

Ishan Shivanand has been at the forefront of honing the vast ocean of potential which the youth around the world possess, to transform this planet and make it a better place to live - where outer development comes through a sustainable approach, guided by activation of inner conscience, and where a "win-win" and "work-smart - not hard" approach replaces ruthless and reckless competition.

One such endeavour is to harness the capabilities of youth, to prepare them to become able future leaders, who will shoulder responsibilities, and to empower them to not only face, but to overcome the challenges of the wonderful region of United Kingdom.

**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 between 13 and 24.

**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.

Some of the many benefits include:

- Enhanced peace and relaxation
- Complete stress release and sound sleep
- Learn to “work less and accomplish more”
- Enhanced productivity
- Awakening of dormant capabilities
- Catalyzation of creative energy and spark of imagination by ushering in a peaceful atmosphere
- Personality Development and confidence boosting
- Harnesses leadership skills through group activities
- Improved focus and offer fresh perspective to life
- Kindle mind chemistry and hone visualization powers

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

**8. What is the venue of the shivir?**

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

Please visit [www.shivयोगevents.com](http://www.shivयोगevents.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 from 13 to 24 years.

All attendees are expected to maintain discipline during the event and if their behavior is deemed to be disruptive or inappropriate by venue volunteers or staff, they 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](mailto: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 disabled sadhaks?**

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](http://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](http://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 registration 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 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](mailto: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 registration.

**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 have to be made online.

**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.

**Accommodation and Childminder Facilities**

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

For latest information, please visit [www.shivyogevents.com](http://www.shivyogevents.com)

**For Further Queries**

**31. 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](mailto:syukshivirinfo@gmail.com)