

Shiv Yog Programme For Youth - The Science of Success - Shivr Instructions

- Please see below, instructions for attendance to shivr. 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 Programme For Youth - The Science of Success	Open to everyone from 13 to 45 years of age

Dietary Requirements

1. A light vegetarian meal will be served.
2. 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 shivr. Many sadhaks wish to continue meditating during breaks in this divine space. All attendees are required to respect the sanctity of the space.

Special Requirements

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