



# Sanatana Yog Sandesh

A Traditional School of Tantra and Applied Yogic Science

हरि ॐ तत् सत् (Hari Om Tat Sat)

## Orientation Guide

For

Onsite/Online Yoga Teacher Training Courses, Retreats, Classes And More Yoga activities

**Preface:**

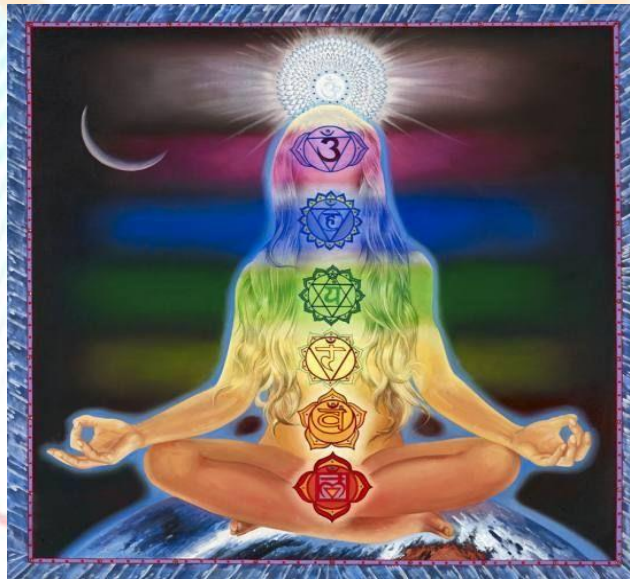
Dear Blessed Selves,

Humble submission to the divinity within you!

Cordial welcome and thanks for choosing Sanatana Yog Sandesh for the Courses and Retreats. The wisdom of Tantra and Yoga has always been passed on from generation to generation through the medium of Guru and Disciple relationship. It is as it is and it shall ever be the same. The idea and purpose behind this is great. For a greater number of people Yoga should be practically available in order that they may use this as a tool to cope with the life and its mystery.

In the present time, due to the emergence of socio-economic trend and growing need of a substantial tool to explore the deeper human potential Yoga has emerged as a mighty culture and is now a must in our everyday life. Sanatana Yog Sandesh fulfilling the professional as well as practical requirements brings different Courses and Retreats which combine a grand blending of different branches of Yoga. The practices from Hatha Yoga, Kriya Yoga, Kundalini Yoga, Raja Yoga and Bhakti Yoga have tremendous effect on human body, mind and emotion and this has scientifically been proved where the positive effects of these practices have been found much deeper. We offer you simple yet effective techniques and principles from different branches of Yoga unearthed and once you know how to use it you create your own style according to your need and requirements. More than this we never teach you because we are never teachers. What we do is that we share our own practices honestly to you in these courses and retreats.

We look forward to receiving you all here!



## Contents

1. **Things to be done first:** Passport, Visa, Insurance, Vaccination, Personal daily medicines.
2. **Coming to Bharat (India):** Arrival/Departure, Flight tickets, Airport need to land, Airport Pick up/Drop Back, travelling before and after the course and Relevant information regarding this including Taxi/Car fares etc.
3. **Rishikesh:** About Rishikesh, About Sanatana Yog Sandesh and facilities that it can provide and A few words about fee etc.
4. **Preparation:** What to bring, Preparation for the course, Some suggested Yoga Practices and Suggested Readings.
5. **Yoga School Rules:** School, Courses and Retreats, Attitude, Payment and Others



## 1. Things to be done first

### Passport:

Your passport must be valid for at least 1 month if you want to undergo the “Dawn into Yoga Retreat” or “Pratyahara and Dharana Retreat”, it must be valid for at least 3/6 months if you want to undergo the “Health Restoration Yoga Retreat” or 200/300/500 Hours Teacher Training Courses from the landing date in India. Please carry at least three photocopies of passport and Visa along with you and keep one with your family in case of any mishaps.



### Visa:

An Indian Visa is necessary to enter into India. There are different kinds of Visas of which “Tourist Visa” is inexpensive, easily granted and it does not require intricacies of consulate rules. For your kind information, it is mentioned that Student Visa is only for long-term academic courses in University/Colleges so you don’t need to go for this. Now a days Indian Govt. allows Visa for Yoga study which you can also apply for. The First-time travelers to India should get some sort of (insurance) which can cover their travelling and health costs. For more information, please follow this link on travel insurance:



[http://en.wikipedia.org/wiki/Travel\\_insurance](http://en.wikipedia.org/wiki/Travel_insurance)

### Vaccination:

Please check with your personal doctor and also the Visa authorities regarding vaccination/covid-19 vaccination. For some nationalities, it is mandatory to take the Yellow Fever Vaccination to land in India. Rishikesh is one of the healthiest places in India and doesn't require any specific vaccination, as long as we are careful with drinking water and eating food at right places. Malaria Vaccination is also not necessary. You can keep with yourself Malaria tablets, anti-mosquito creams, and lemon-grass oil.



**Personal Daily Medicines:**

If you have some medicines to take on daily basis, please bring sufficient dose of those medicines that can last during your stay here. Sometimes it is difficult to get those medicines in other countries.



## 2. Coming to Bharat (India)

**Arrival:**

It takes at least one/two days to get used to Indian weather, water and food. Due to new kind of food and water body might react differently which is usual in the first week so if you have enough time, it is better to come early and get used to the place before you start undergoing the Yoga Courses/Retreats. Please arrive at least one day before the course starts so you have some hours to rest and relax. The course officially begins at 7.30am with prayer/rituals and Orientation Talk. There will be some free time if you need to do any shopping and to complete application and payments etc. There will be an evening Yoga session. The full schedule will come into effect from the next day.

**Departure:**

The course is concluded on the last day with a certification ceremony mentioning that you have participated in the Course and Retreat. You are free to go on the same night. Otherwise, your accommodation charges include the night of the last day also. You can also stay for one or two days extra after the course by paying extra for your food and accommodation.

**Flight Tickets:**

The rate of flight tickets varies for all the airlines, or routes, and there are differences in price on weekdays and weekends. We suggest you some sites to this regard to compare the flight rates and find it more convenient for you:

<http://www.momondo.com/>

<http://www.ixigo.com/>, <http://www.skyscanner.in/>



**Airports You Need To Land:**

In order to come to Rishikesh you need to land at Indira Gandhi International airport, New Delhi. Please look up this link:

[https://en.wikipedia.org/wiki/Indira\\_Gandhi\\_International\\_Airport](https://en.wikipedia.org/wiki/Indira_Gandhi_International_Airport)

Or you can also fly from your place to Dehradun Airport (also named as Jolly Grant Airport; a domestic airport), or from New Delhi airport/other international airports in India to Dehradun Airport. Please look up this link:

[https://en.wikipedia.org/wiki/Dehradun\\_Airport](https://en.wikipedia.org/wiki/Dehradun_Airport)

This way you can come to Delhi/Dehradun and from there via roadways to Rishikesh by taxi/car.

**Airport Pick up And Drop back:**

According to google, the distance from the India Gandhi international Airport, New Delhi to Rishikesh is around 245 kms which is around 6 hours car-drive and the distance from Dehradun Airport to Rishikesh is around 25 kms which is 45 minutes car drive. There are available car services at the airport that you can avail. In case of need, we can organize safe airport pick up /drop back to/from Airports on additional payments. If students would be arriving one/two days before the course starts, then we can co-ordinate to accommodate two/three students in one car comfortably to reduce the car fare and for a company on a long drive. You need to send us your confirmed e-ticket to let us know the flight number, airlines, airport and arrival/departure timings etc. We will confirm you the booking of the car/taxi by email. Our designated driver/staff will be standing at the airport with a placard showing your name and Sanatana Yog Sandesh (Yoga School name). There will be phone numbers to reach us in case of any difficulty in locating us.

**Estimated Taxi Charges:**

Aiport pick up (From Delhi to Rishikesh) 4500 to 6000 INR

Airport drop back (From Rishikesh to Delhi) 4500 to 6000 INR

Aiport pick up (From Dehradun to Rishikesh) 1200 to 1400 INR

Airport drop back (From Rishikesh to Dehradun) 1200 to 1400 INR



These charges are variable as per the arrival of number of tourists. But the charges can't go too much high.

\*At the airport, there are also Govt./professional car/taxi drivers to take passengers to different routes. We suggest you to avail these facilities when you arrive at the airport to come to Rishikesh. The Govt. buses or any other bus services are very cheap. You can bargain also with the car/taxi drivers to give you cheaper fair. Please check these links:

<https://in.via.com/bus-tickets/ac-seater-from-delhi-airport-to-rishikesh>

<https://www.makemytrip.com/bus-tickets/upsrtc-delhi-rishikesh.html>

**Travelling Before And After Courses and Retreats:** There are many places to explore in and around Rishikesh. You can look up into these links below:

<https://www.inspirock.com/india/rishikesh-trip-planner>

<https://www.thrillophilia.com/places-to-visit-in-rishikesh>

<https://www.holidify.com/collections/places-to-visit-near-rishikesh>

**Trips After Courses and Retreats:**

After the course, you can enjoy tours to different places of North India such as Delhi, Agra, Mathura, Vrindavan, Dharamshala, Himachal and Pushkar etc.

### 3. Rishikesh

Rishikesh is a very ancient and spiritual city in Uttarakhand province of India. For more information, please have a look into the link: <https://en.wikipedia.org/wiki/Rishikesh>

**Sanatana Yog Sandesh:**

We started our journey from Fort Cochin, Kerala in the year 2016. Since then, we have been regular into our journey. We have been able to conduct courses and retreats in many parts of the world and this has been great experience. At present, we are operating from Rishikesh, Uttarakhand, India. It is a place of getting together where you can come and give us a chance to serve you with the experience we have. For sometimes remaining away from all the distractions of the worldly affairs bring renewed energy. Finding a sojourn with like-minded people helps us to share our experiences in order to get in tune with one another. Here you can find these.

**Something Important:**

We are into our journey. We have put the things that we have in our hand in the best vivid and the most honest manner we can. It is always our approach to provide you the best which we can still if there is some inconvenience it is deeply regretted.

**Regarding Team Members:**

We have a group of different people who have been instrumental in several distinct ways into the formation of Sanatana Yog Sandesh. Some have been inspirers, some of them have been very good motivators and well-wishers, some have arranged things needed for the functioning of the school whereas some will be physically available according to the need coming in course of time so that the mission would continue. At the moment, Rohit Kumar with other assistant teachers will be serving the aspirants coming for the Courses and Retreats.

**General Food and Food Timings:**

9am to 10am: Breakfast

1pm to 2pm: Meal time. This food is your main meal so feel free to eat as much as you can easily digest. At this time, we serve rice Chapati (Indian bread) rice varieties, lentils (Daal), salad, vegetable curries and a dessert on certain occasions.

6.30pm to 7.30pm: Dinner (Chapati, rice varieties, other local Indian dishes etc.), Lentils, Vegetable dish, Salad, Herbal drinks and Occasional Deserts).

These above food timings and food are general idea and are tentative. There can be substantial changes (adding brunch, drinks, snacks and dinner during the courses and retreats) according to the need of a Yoga program.

The availability of food mentioned are changeable according to the seasons as different food items are available on certain seasons only such as fruits and vegetables.

For every Retreat/Course there is a separate daily program regarding food and classes as well which is mentioned in the particular pages for the Course/Retreat.

We provide food/kinds of food and arrange the timings of the food from the Yoga course point of view. According to Yogic principle there must be at least 6 to 8 hours gap, between 2 meals. On an average heavy food like grains etc. takes 3 hours to digest and fruit takes 30 to 40 minutes to digest. Stomach-full food at brunch/lunch is sufficient for sustaining the body for long hours. At the same time a light stomach is also required for the afternoon classes. If you need to have something in between you can keep something healthy with you always. Rishikesh has many shops from where you can buy many healthy food stuffs. But make sure that your stomach is empty before you are doing Asana and Pranayama classes.

**Accommodation:**

We arrange the accommodation for all courses and retreats in the best of our capacity. The rooms are sufficiently bigger, mostly shared and very nice to stay in to feel good.



**Food:**

Sattvic (suitable for Yoga) vegetarian North Indian food. For Health Restoration Yoga Retreat which requires additional care we have different food arrangement that is decided on the basis of the relevant health retreat we do and in case of particular individuals upon their arrival only.

**Drinking Water:**

We provide filtered water for drinking purpose. Bring a water bottle with you. The weather at Rishikesh in summer is normally hot so you need to drink plenty of water. On an average, we need to consume 3 to 4 liters of water every day. In the class also, you need to bring your filled water bottle.

**Forbidden Items:**

Alcohol, drugs or any kind of intoxicant is strictly forbidden. Non-vegetarian food is also not recommended during the course.

**A Few Words About Fee:**

**Courses and Retreats Fee:** For different courses and retreats there are different fees and fee structures which are put on the individual pages for the respective course and retreat. The course and retreat fee do not include Flight tickets, Airport Pickups and drop backs, day tours, tours after and before course, any other transport costs and student's personal expense in miscellaneous ways.

**Making Payment:** There are clear instruction about payment in the "Payment" menu. However, we add a few more words. The commissions or charges while doing transfer in any mentioned or other possible ways have to be borne by the sender only. The deposit and the total fee do not include any charge or commission. The transfer charges and commissions are extra expenses for the sender.



**Wise (Transferwise):** Please use Wise (previously called Transferwise) as the very first option and see if this works from your country. Please be informed that the Wise also charges the commission but it is less compared to other mediums.

**Revolut:** Please Revolut as the very second option and see if this works from your country. Revolut also charges the commission but it is also less compared to other mediums.

**Paypal:** Please use Paypal as the third option which also requires charges/commissions and this is perhaps the highest compared to other mediums.

**Bank Transfer:** The transfer of money via bank is mainly open for Indian students which also requires some bank charges/commissions. For international people these charges/commissions could be more. Please contact school before you choose this option.

**Cash:** For paying the remaining fee excluding the deposit amount we accept the remainder amount also in cash in EURO, GBP, USD, AUD, CAD, India rupees (currency in India is Rupees) mainly and we provide a receipt for the money paid to us.

### **Some Information About Money Exchange:**

The currency in India is Rupees (INR) which you can personally get from many money exchange banks/agencies/agents at walking distance in Rishikesh. The money agents can also personally reach for one or two days at the start of the Course/Retreat or during the Course/Retreat to enable you to exchange money. But it is only when you want to go this way. These agents take their commissions so it is better you get your money exchanged from any money exchange banks/agencies/agents. While exchanging the cash from Euros, Australian/US Dollars etc. please make sure the current exchange rates on [www.xe.com](http://www.xe.com).

Please avoid changing money from any Indian airports as they give very low rates after deducting taxes. You can also get cash for yourself from your Credit/Debit card through the money agents which is similar to drawing money from ATM but with some commission. Please make sure of the restrictions and daily limits of withdrawing money. There are plenty of ATMs all over India but you can withdraw only around 10,000/- INR per transaction at one time. In addition to these the (<http://www.westernunion.com/>) and ([www.moneygram.com/](http://www.moneygram.com/)) are two popular International Money transfer services using which either you or your family member or you friend can send over money anywhere in the world. For your convenience, we hint at the normal exchange rates which keep changing as per the day:

1 USD: 68 rupees Indian, 1 EURO: 72 rupees Indian, 1 AUD: 47 rupees Indian, 1 SWEDISH KR: 8 rupees Indian



The above are the gross idea. It keeps changing but there is always a little bit change in the rates. You can always check the current rates at [www.xe.com](http://www.xe.com).

## 4. Preparation

### Things to be brought

**Photocopies:** For all Courses and Retreats please bring 5 copies each of your passport main page; which has the passport number and your photo and the page that has the India Visa. Leave one set at home with your family or friends. Keep one scanned copy of the same in your email to print whenever you need. Photo copies of these documents are much needed during your stay in a foreign country so it is always useful to keep sufficient photo copies in case of any need and emergency.

**Photos:** For all Courses and Retreats please bring at least two passport-size photos with smiling face to attach with the application and another for certificate. Please keep sufficient passport-size photos because you will need these much during your stay in a foreign country in case of any need and emergency.

**Cloths:** For all Courses and Retreats at least three pairs of loose-fitting clothes for Yoga classes because you need to change the clothes often. Cotton garments are ideal. You can also buy trousers/shorts/tops here from local shops. We recommend white cloths to be more applicable during Your Yoga course for all classes. But it is not mandatory. You can have your choices.



**Warm Clothes:** For all Courses and Retreats you can bring woolen sweater/jacket and a few pairs of socks for winter season from October to January.

**Umbrella And Cap:** You can bring a personal short umbrella or rain jacket because weather at times is unpredictable and there are frequent rains for some hours. You should also need to have a big cap to protect you from scorching sunlight. The sunlight followed by rain is very strong.



**Towels And Bedding:** For all Courses and Retreats you will be provided Towels, bed-sheets, pillow covers/pillow and light blankets here according to your need although we recommend you may bring your own towel/bed-sheets/pillow covers for health and hygiene.

**Toiletries:** You can buy the basic toiletries like soap, toothpaste, tooth brush, toilet paper etc. from local shops. However, the quality of these products in India may not be up to the western standards. Better have these from your own place including cosmetics or sun creams.



**For Women:** Sanitary pads are available in India but sometimes they don't fit to your needs so it is always better to bring sufficient of these with yourself. Tampons are not available in Bharat (India).

**Yoga Mat:** For all Courses and Retreats Yoga halls already have sufficient Yoga mats. You can also buy new mats from the local shops. But we recommend students to have their personal Yoga mats. From our personal experience, we can say that Yoga mats are like our personal cloths. It must be very personal. Other than this a new Yoga mat in the beginning is slippery for at least 2 to 3 weeks and it does not bring sufficient grip to the legs and hands. So, it is always better to have a used but strong personal Yoga mat for the practice.

**Electric And Electronic Equipments:** If you are bringing any electric or/and electronic equipment or chargers, you may need a universal Plug adapter as your plugs may not fit in India.

### Some More Important Things To Be Brought:

Pad-Lock for your room (preferably a Number lock), Notebook and Pens, Flash Light, Alarm Clock, First-Aid Medicines, Sun-glasses/Sun-Screen/Sun-Hat, Insect Repellent (preferably non-chemical), Water Bottle, Sandals for room/campus etc.



### Things To Be Brought For Yoga Therapy Training Retreat in Rishikesh India:

Those participating in the “Yoga Therapy Training Retreat in Rishikesh India” must bring all medical reports if they have, all medicines for daily use or to be taken at certain intervals, sufficient needed cloths, walking sticks if they use, recommended soaps, shampoos, body and hair oil, Inhaler for persons with respiratory problems, one glass made of glass which can contain 300 to 400 grams of water and anything important that they need to have with them.



### Preparation For Courses And Retreats:

For all Courses and Retreats except “Yoga Therapy Training Retreat in Rishikesh India” (because in this program only selected practices are recommended after observing an aspirant in person) you need to be prepared because during the time of the Course/Retreat you will pass through a lot of changes at physical, mental and emotional levels. The classes are always gentle, according to the need and limitation of the aspirants yet effective. You will be having your body standing on feet and standing on head as well. From Tadasana (Palm tree) to Sirsasana (Headstand) and from Padangulinaman (Toe bending) to Vrishchikasana (Scorpion) also will be in our journey but with a systematic approach. We will do our best to bring to you all broader view of Yoga so you can practice and disseminate the same according to your own way. We are

practitioners only and we will offer unto you the same practices. Either you are to start your Yoga journey or you have been practicing Yoga or you have been teaching Yoga; the course/retreat will fit you the most.

### **Some Suggested Practices:**

We suggest you some simple practices which you need to be practicing as a preparation of your body, mind and emotion for all Courses and Retreats.

- Movements of Joints (from toes to neck) - at least 5 times each joint.

Hint: All joints can be moved backward, forward and it can be rotated clockwise and anticlockwise. So, this way slowly you have to practice these joint movements.

- Practice of Breathing (In Shavasana) - Abdominal breathing - start with 20 breathing the first day and maximum go up to 100 breathing.

Hint: Lie down on your back like a dead body with palms facing sky besides thighs. Keep your eyes gently closed, maintain the stillness of the body. Watch your breath for few seconds. Then consciously expand the belly with inhalation and contract the belly with exhalation. One inhalation and exhalation constitute 1 breathing. This way 20 breathings should be in one go. Then watch your breath and when your breathing becomes natural again follow the next 20. In first 3 days continue till 2 rounds only but in one week go up to 100 breathings in 5 rounds. After each round take a pause and watch the breath. Then sit up gently from the right side of your body, rub your palms against each other to get them warm, put them on your respective eyes to relax your eye muscles, do it for 3 times and gently open the eyes.

These two above mentioned practices must be practiced with keen awareness. Then you are ready enough for the concerned coming Courses and Retreats.

### **Suggested Books On Yoga:**

We recommend some books for the sake of study. But no practices from any of these recommended books should be done except under sound guidance.

- i. Asana Pranayama Mudra and Bandha by Swami Satyananda. You can download pdf file of this text from our website in Download menu.
- ii. Prana and Pranayama by Swami Niranjanananda Saraswati
- iii. Patanjali Yoga Sutra (Any commentary) but we recommend Swami Vivekananda's commentary on this. You can download pdf file of this text from our website in Download menu.

- iv. The Science of Pranayama by Swami Sivananda Saraswati. You can download pdf file of this text from our website in Download menu.
- v. Yoga Philosophy: Any book available to you.
- vi. Kundalini Yoga by Swami Sivananda Saraswati
- vii. Anatomy and Physiology: not specified
- viii. Srimad Bhagavad Gita by Swami Sivananda Saraswati
- ix. Wiki Page on Yoga: please look up this link-<https://en.wikipedia.org/wiki/Yoga>

We are all in the process of being mature and our congress at this Yoga Course and Retreat is also one of the processes to unfold the sense of oneness with one another. Therefore, we need to be ready to deal with anything coming in our way. We would like to quote here a beautiful verse from the Vedas which highlights the virtue of oneness:

**Sanskrit:** संगच्छध्वं संवदध्वं सं वो मनांसि जानताम् देवा भागं यथा पूर्वे सञ्जानाना उपासते॥

**Transliteration:** Aum saṁgacchadhvaṁ saṁvadadhvaṁ saṁvomanāṁsi janatam devabhagaṁ yathapurve sanjananaupasate॥

**Translation:** May we move forward with a common aim. May we be open-minded and work together in harmony. May we share our thoughts for integrated wisdom. May we follow the example of our ancestors who achieved higher goals by virtue of being united. We pray that the universe may lead us in our life with the spirit enshrined in this verse from the wisdom of Vedas!

## 5. Yoga School Rules

- All the classes for all Courses and Retreats are to be attended however in case of emergency leaves are granted.
- Use of laptops, I-pads mobile phones in the Yoga Hall is allowed for the sake of help in the study.
- During food time, it is better to maintain silence.
- Drinking water, mineral supplements etc. is allowed to bring to the Yoga hall.
- We request you all to use internet as less as possible in order to save yourself from distractions.
- Publishing of any recordings, photo, videos and audios of all Courses and Retreats is subject to approval of the founder of the Yoga School.
- Any damage to the things in the Yoga halls and the rooms/homestays caused by the student/students will be furnished by her/him/them.
- Intimacy and emotional affection to anyone is the sole responsibility of the individual involved. The Yoga school is in no way responsible for any pleasant or unpleasant happenings arising out of that.

- Use of alcohol, non-vegetarian items, intoxicant and anything like these during all Courses and Retreats should be avoided.
- In the wake of inappropriate behavior, we reserve the right to politely ask you to leave the Course and Retreat.
- Students leaving any course and retreat before its completion will not be refunded.
- Although Rishikesh is a tourist place still we request the students to respect the local culture. Modest dress covering shoulders, knees and midriff are always respectful in Indian culture. Shorts, mini-skirts, sleeveless tops, cloths displaying your cleavage or belly-button save on the Beach and tourist area might fetch unwanted attention and comments.
- Participation in selfless service (Karma Yoga) is welcome. This is personal interest only.
- Covid-19 protocol – Please read [School Codes](#).
- The above information is true to the best of the knowledge however some substantial change can be made according to the need and situation available.
- For more details about the Yoga School Rules, please read [School Codes](#).



Please read the orientation guide aptly. Your joining to any Yoga Program is acceptance to these.

We look forward to seeing you soon here!

हरि ॐ तत् सत् (Hari Om Tat Sat)