



Yogrishi Kulam
Orientation Manual

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Transportation

From Delhi to Rishikesh

The distance from Delhi to Rishikesh is generally 6 hours but traffic, time of day and holidays/festivals can make the journey longer. The three major methods of transportation to get from Delhi to Rishikesh are private car, bus or plane. Hiring a private car to take you from Delhi to Rishikesh is the easiest option for first time travelers to India with bus and train being more complicated.

Private Car

A private car will cost around \$80 USD from Delhi to Rishikesh. You have the opportunity to meet up with other students in your yoga teacher training group to arrange to share a private car in order to keep the cost down.

Bus

Depending on the time your plane arrives in Delhi, this can be a tricky option. Volvo buses (best condition) from Delhi to Rishikesh stop running around 9 PM at night. If your plane arrives in Delhi around evening time, you will have to get a hotel for the night and then make your way to Delhi ISBT (Interstate Bus Terminus) in the morning.

From the airport, get a prepaid taxi to take you to Delhi ISBT. Only go to the government-approved taxi stand located right outside the airport exit. The price from the Delhi airport to Delhi ISBT will be 600 INR (Indian Rupees).

Once you arrive at Delhi ISBT, navigate your way to the bus station's ticket stands on the second level (go up the escalator). Go to the Uttarakhand State booth and ask when the next volvo bus (best quality) will be leaving for Rishikesh. That bus ticket should cost between 500 INR - 800 INR.



Make sure to ask the bus driver/bus director where they drop off at Rishikesh. You should depart from the bus at Rishikesh Bus Station (there's only one) which is usually their last stop if their destination is Rishikesh.

Once you arrive at Rishikesh Bus Station, find an auto rickshaw (tuk tuk) to take you to Laxman Jhula at Yogrishi Kulam (Tapovan Resort).

Plane

You can also book a plane ticket from Delhi airport to Dehradun airport (Jolly Grant). The price of that ticket ranges depending on when you book it, but it's usually around \$40 to 60 USD. The taxi from the airport to Laxman Jhula is around \$16 USD.



Weather

February - March

The weather during this time in Rishikesh is very pleasant with warm days and cool nights. It's peak season, so there's many tourists in the area with peak prices around the markets as well.

April - June

The weather in Rishikesh starts to get warmer during April. Once May and June come around, it's scorching hot and the climate is dry. The Ganges River serves as a calming and cooling oasis.

July - September

Monsoon season is during July, August and September. The humidity is high in Rishikesh with very warm weather, but it's not as intense as the heat during April, May and June. The constant rain showers provide some relief.

October - November

Fall is the tail-end of monsoon season. There is less rainfall as October ends and the strong humidity is mostly gone by November. Rishikesh has a steady flow of tourists and activity, but it's less chaotic than February and March.

December - January

December and January are very cold months in Northern India as a whole, and Rishikesh is no exception. It's a very quiet and peaceful time around Laxman Jhula.



Clothing and Packing

Clothing

Indians have different cultural norms than some tourists may be accustomed to. Those cultural norms extend to clothing and styles of dress.

As a whole, India is a very conservative country when it comes to clothing. Women rarely show their legs (no shorts, skirts, etc) or shoulders, and traditional ways of dressing are still widely used for both men and women. Although the Laxman Jhula and Ram Jhula parts of Rishikesh are very touristy, please be mindful of how your clothing might translate to Indians.

For yoga classes, bring clothing that is both comfortable for physical activity and weather appropriate. Don't be afraid to showcase your personality! :)

To Bring From Home

Most of the general items you will need during your stay in India (or their equivalent) can be easily found in the nearby shops around the corner from our yoga school. What we suggest you remember to bring is any specialty item that you can't live without, like a specific personal care item or favorite snack from your country.

Shopping in Rishikesh

A really fun part about Laxman Jhula is all the shops, stalls and stores! If you have time during your busy training schedule, go wander around for a bit and see what you can find. There are lots of fun clothing to buy like pants, shirts, shawls and scarves.

Some other items that are available in the nearby markets: Candles, yoga gear, natural/Ayurvedic beauty and personal care products, religious items, health food, snacks and much more.



Indian Culture

What to Expect

There are many universal aspects of Indian culture that will extend throughout your travels in this country. Below are some things to anticipate during your time in India:

- Gorgeous sunrises and sunsets over the Ganges River
- Monkeys making mischief among the trees or on the side of roads
- Adorable cows wandering around the roads and streets of villages and cities
- High population density — crowds of people wherever you go!
- Lots and lots of color everywhere you look
- Holy cities like Rishikesh do not sell meat products or alcohol



Safety in India

Is Rishikesh safe?

Rishikesh is a very safe place for tourists and locals alike. Locals are used to foreigners and things, such as communication, are a lot easier here than other parts of India. Just practice your usual safety precautions and always keep track of your belongings.



Vaccinations and Medical Care

Which vaccinations do I need before leaving India?

Deciding which vaccinations you will need to take before arriving in India is a very personal decision. Contact your medical care provider or a travel clinic to get yourself educated on what the recommended options are.

What if I get sick during my yoga program?

If you are sick, injured or in need of medical assistance, we will provide you with medical care or take you to a western-style hospital (whichever option is needed).



Accommodations

What do accommodations offer students?

Stay at Yogrishi Kulam and experience India in a relaxed and peaceful atmosphere with other spiritually like-minded individuals. The School is perfectly situated near the magical waters of the Ganges River & Green Mountains, all the popular shops, markets and cafes are just around the corner. Witness glorious pastel-colored sunsets at the end of each day on our terrace balcony where you are free to do meditation and yoga. Sleep soundly in a quiet, serene atmosphere without disruption. Absorb the beautiful and breath-taking sights of the Green Mountains visible from our yoga halls, bedrooms and balconies.

Amenities:

- Wifi access
- Hot water running 24 hours a day
- Clean, hygienic and western-style rooms with attached bathrooms
- Filtered water system available for students 24/7
- Bed sheets, blankets, pillows and towels are provided

Hot and cold water
with Shower



Ayurveda center in the
hotel for rejuvenation



Pick and drop facilities
from nearby airport
and railway station



Travel and touring
facilities available



Free Wi-Fi Services



Near to the beach for
an early morning or
late night stroll



Money and Currency

What is India's currency?

India uses Indian Rupees and only at select locations are United States Dollars accepted. For common day purchases, you will have to deal in Indian Rupees. credit/debit cards are accepted at stores or shops.

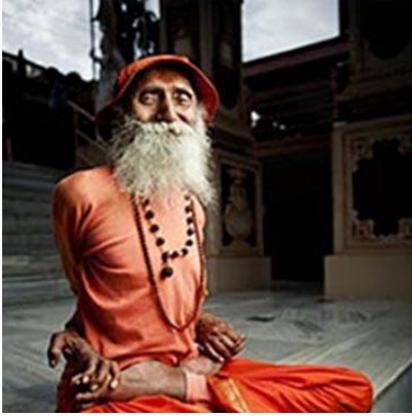
Are there places to take out money nearby?

ATMs are available in Laxman Jhula and the surrounding areas for students to use. They can be frequently found all around India. A Western Union is also located nearby in Laxman Jhula.



Teacher Profiles

YOGRISHI YOGANAND MAHARAJ Ji



Guru ji was born in 1909 in Madhya Pradesh in central India, and found his way to yogic life in the age of 17. Guru ji was widely respected in Rishikesh and was one of the most honoured yoga teachers in India. He was practicing yoga for more than 80 years. In the age of 105 he was giving daily yoga classes and he was travelling around giving seminars and workshops about sukshuma vyayam, a Himalayan yoga system that helps developing stamina, health and longevity. In the age of 105 he was giving daily yoga classes and he was travelling around giving seminars and workshops about sukshuma vyayam, a Himalayan yoga system that helps developing stamina, health and longevity. Minimaster met his sadhguru (real guru) in Parmath Nikethan, and he was

living to serve him with love, through guru seva (surrender to your guru by selfless service.) Minimaster describes guru ji as very kind and funny, and he did not teach him only how to be strong and healthy, but how to live life, and how to open your heart and overcome your fears. Before he achieved Samadhi, guru ji asked Minimaster to build one home where people from the whole world can get together and share their problems and find the real meaning of life..

Vipin Uniyal



Yogi Vipin Uniyal was born into a Hindu Brahman family in the mountain area of Himalaya. He started practicing yoga at the very early age of 8 and, while being a child, he improved his body awareness. At some point he decided to learn in Gurukulam and it was then when his spiritual journey started. Vipin learned about mantras, sanskrit, bhagvath gita, vedas, Hindu worships and he deeply developed bhakti yoga. After years of studying, he moved to Pramarth Niketan Ashram in Rishikesh where he met his yog guru Ji Swami Yogananda Maharaj and learned from him SukshumaVyamas, yoga exercises that focus on breathing. Following the strict instructions of his guru, Vipin traveled again all over India and got more knowledge of different masters and their work. He returned back to Rishikesh and started teaching at

the age of 17. Because of his young age and his genuine way of teaching, students started calling him Minimaster. Minimaster is already driven into the yogic spiritual path and he wants to share the Indian traditions that been passed to him. His vision is to transfer all the knowledge from generation to generation and unite the world as one family.



Course Materials

What course materials are included?

Students get all kinds of goodies when they enroll in our yoga programs! Some of the items are missing from the picture below. Here's what you can expect to be included in your student kit:

- Official “Yogrishi Kulam” Bag
- Yoga T-Shirt
- Yoga Teacher Training Course Main Manual
- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
- Yoga sutras of sage Patanjali by Swami satyananda Saraswati
- Satkarma Cleansing Items
- School supplies (Notebook, pen, pencil, etc



