

Sivananda Ashram Yoga Farm

RULES

Health is Wealth; Peace of Mind is Happiness - Yoga Shows the Way" - Swami Vishnudevananda

Welcome to the Sivananda Ashram Yoga Farm! We are a non-profit organization that has been at its present location since 1971. In order to maintain the energy of the Ashram and to comply with local county regulations, we ask that our guests, students, and volunteers respect the following rules and conditions:

1. Attendance at Satsang (meditation sessions) required twice daily and Asana classes (yogic exercises) are required twice daily and at least once daily for guests with specific physical conditions, to be discussed with the teacher. We are a Yoga retreat with organized, pre-scheduled activities. Being excused from activities is an exception which needs to be arranged in reception or with the teacher.
2. Please respect Meditation Room etiquette: Do not lie down, do not point feet towards the altar or teachers, and please do not put feet on Kirtan books (chanting books)!
3. Karma Yoga (selfless service) is mandatory from 11:00 a.m. to 12:00 Noon, unless otherwise excused.
4. No meat, fowl, fish, eggs, garlic, or onions are allowed.
5. No weapons, alcohol, drugs, or tobacco are allowed.
6. Camping in designated areas only. No sleeping or car camping in the parking lot
7. No nudity or promiscuity. Please sleep at the location where you are registered to stay. Please dress modestly at all times, including during yoga asana classes. This is a retreat promoting inner focus and selfawareness.
8. NO loud music.
9. Respect silence during meditation and classes. If you have to move, please do so quietly and discretely. The Ashram observes silence (mauna) between 10:30 p.m. and 6:00 a.m. Lights out at 10:30 p.m.
10. For overnight guests please do not leave the Ashram grounds after evening meditation without permission.
11. Candles and incense may not be burned anywhere on Ashram property. Fire, oil lamps, and incense are burned during ceremonies - this is the only time such things are permitted. Please help us to look out for fire hazards and inform the staff if a fire or hazard is observed. In case of fire, please meet at the pond. DO NOT leave the property.
12. In case of medical emergency, please contact a staff member or refer to the procedure posted in reception. Health insurance is each guests responsibility.
13. Enjoy nature's beauty, but please respect the privacy of neighbors. Please ask for a map of the Ashram grounds. We are surrounded by private roads and private property. Please stay within the posted boundary signs. DO NOT TRESPASS ON NEIGHBOR'S PROPERTY. DO NOT WALK OR JOG ON BALLANTREE OR TRAIGHLE LANE. Walk the labyrinth or hike up Siva Hill.
14. Please drive very slowly and courteously for safety sake AND to keep the dust down. The speed limit on Ballantree Lane is 10 mph.
15. Park in the designated parking lot only, at the entrance to the property. Register your license plate number at reception.
16. Leave all animal wildlife alone, even if it is injured. If you do come across an injured animal, let the staff know. We will take appropriate measure.
17. NO REFUNDS are given for deposits or shortened guest stays. Credit notes good for one year can be issued upon request. Again, **ALL PAYMENTS ARE NON-REFUNDABLE.**

Om Shanti