

## House information for seminar participants

- ❑ We are an alcohol-free, vegetarian, non-smoking establishment.
- ❑ The catering is purely vegan and 100% certified organic.
- ❑ Please ask your organizer for the meal times booked for you.
- ❑ For all coffee lovers, a vending machine is available (only) in the Shanti seminar house for a fee. Tea is available free of charge at reception. We have a water fountain with various water filters, please bring a bottle to fill for your stay.
- ❑ Our dining hall in Mahameru, on the Yoga Vidya campus, is just a few minutes' walk away.
- ❑ Arrival is at the reception in the Shanti seminar house.
- ❑ The front desk is open daily from 8:15 a.m. to 7:30 p.m., and on Fridays and Sundays until 10:15 p.m. On Saturdays, the front desk is open until 7:30 p.m. Unfortunately, these hours are not always guaranteed; please check in advance for the currently scheduled hours. For late arrivals, the key and information will be left on the front desk counter.
- ❑ When arriving from abroad, payment by cash card or credit card (Visa/MasterCard) is possible on the day of arrival.
- ❑ The rooms can be occupied from 3 pm on the day of arrival and must be vacated by 12:30 pm on the day of departure. The room key must then also be handed in.
- ❑ We would be delighted if you could help with the room cleaning on your leaving day (stripping beds, emptying garbage cans).
- ❑ On Friday and Sunday at 15:30 and 19:00 there is a house tour. It starts at the reception in House Shanti.
- ❑ For insurance reasons, the outside doors of the Shanti seminar house are closed between 10:45 pm and 5:00 am. If you know in advance that you'll be arriving later, you can ask us for the door code.
- ❑ Night's rest (silence) applies in the house between 10:45 pm and 7:30 am!
- ❑ You can bring your own bed linen & towels or rent them for a fee at reception on arrival. (Bed linen 5 €, per towel 2 €, per shower towel 3 €). Our beds have an extra length of 2.20 m, but normal bed sheets also fit.
- ❑ Overnight stays outside the seminar period are charged at the Yoga Vidya individual guest rate and include dinner, brunch and 2 yoga classes.
- ❑ The first yoga class in our house is free of charge. Each additional yoga class costs €12.

- For childcare, you can book Yoga Vidya children's seminars; see <https://www.yoga-vidya.de/seminar-retreats> . If you have any additional questions, please contact us directly at: kinder@yoga-vidya.de, Tel.: 05234-87-2134
- In the mornings and evenings you have the opportunity to participate in meditation and mantra singing via our in-house program.
- You can find out about other free open Yoga Vidya events on site.
- You can use the possibility of an individual retreat in our integrated Shivalaya monastery and retreat center free of charge.
- We offer you the opportunity to book Ayurvedic massages. Early booking is required.
- Our boutique invites you to browse for various purchases of books, CDs, incense, organic juices etc.
- You have free internet access via WLAN in the Café Maya area.
- We have a sauna (11,-€), please ask at the reception.
- Please order a cab in good time (a few days in advance) if you need one, the Yoga Vidya transportation service is unfortunately not available for guest groups!

**We hope this information will help you.**

**We wish you a pleasant stay and a successful seminar.**

**If you have any questions or would like to  
would like to plan an event with us,  
then please contact us:**

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