

The logo for Isha Yoga Center, featuring the word "isha" in a stylized, lowercase font. The letter "i" has a small orange dot above it. The background of the entire page is a scenic landscape at sunset or sunrise, with a large body of water in the middle ground, a line of trees, and mountains in the distance. In the foreground, a large, circular, domed structure with a reddish-brown roof and a small white dome on top is visible. The sky is a mix of blue and orange.

Isha Yoga Center

Visitor & Volunteer Guide



Namaskaram

We're happy to welcome you to Isha Yoga Center!

Isha Yoga Center is home to the Dyanalinga, a unique and powerful energy form sitting under a pillarless, 250,000 brick dome structure as well as several other powerfully consecrated spaces. Every week, thousands of people converge at this unique meditation center to seek out inner peace and wellbeing. From the frequently asked questions about visiting India and staying/volunteering in Isha Yoga Center, we have compiled a comprehensive guide to help you make the most of your stay here. Find below some helpful information, including planning your visit, travel tips, and guidelines for stay and volunteering at the Isha Yoga Center.

To find out more about Sadhguru, Isha and programs, events, and activities you can participate in at Isha Yoga Center, please visit isha.sadhguru.org.

Pranam,
Overseas Coordination Office (OCO)

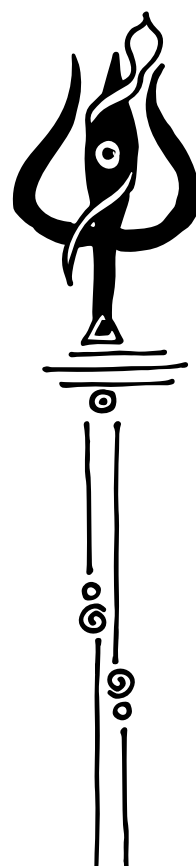




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Contact Information

Isha Yoga Center
Velliangiri Foothills, Ishana Vihar Post,
Coimbatore - 641 114, India

Telephone: +91 83000 83111

Email : overseas.info@ishafoundation.org

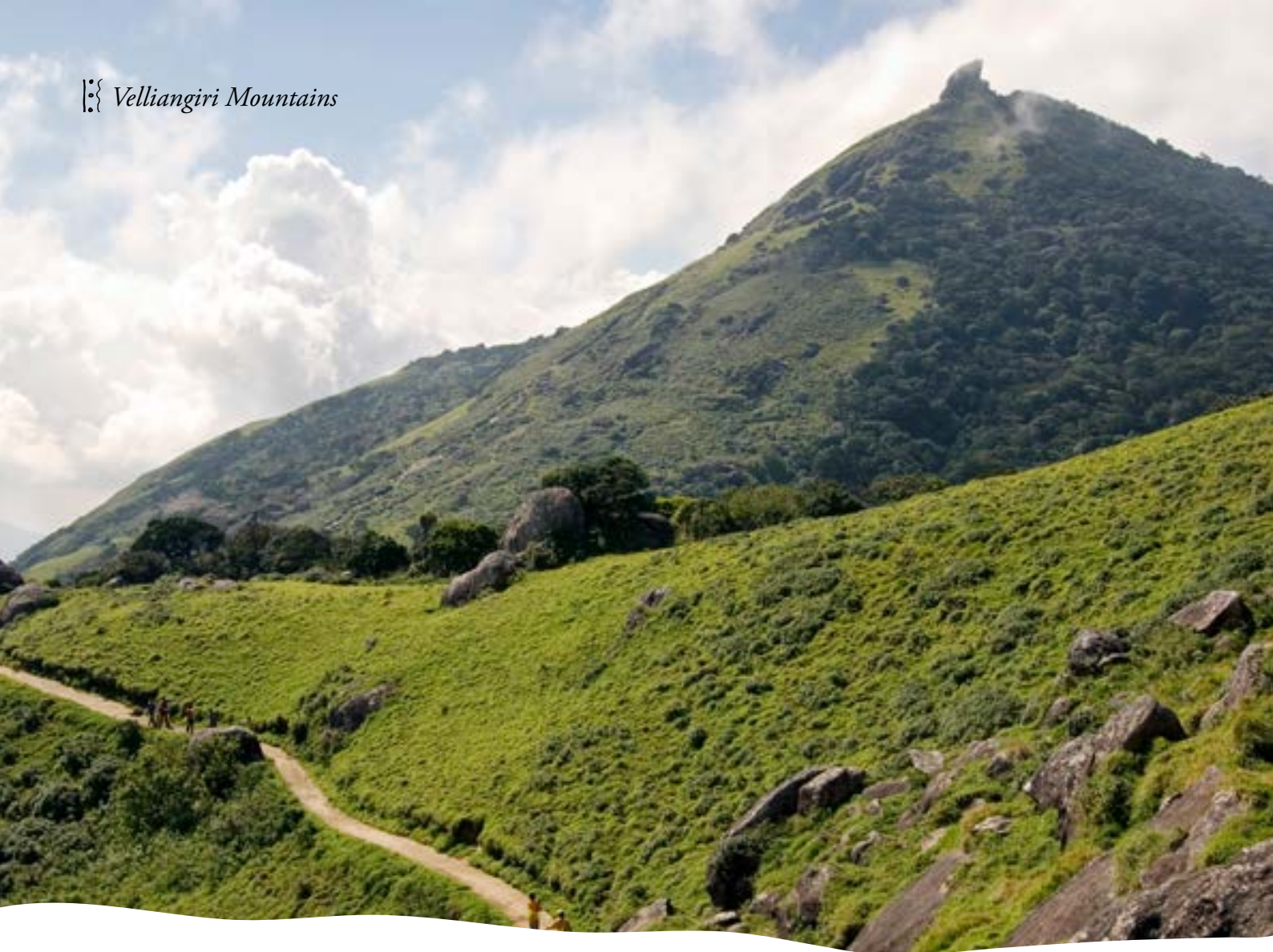
General Information

isha.sadhguru.org

Booking Your Visit

suvya.isha.in





Planning Your Visit

The first step is to create a profile on suvya.isha.in and submit a visit request. This will also allow you to request programs and accommodation. Those who are interested in volunteering are welcome to apply for an extended stay (stay lasting longer than two weeks).

The maximum visit length for volunteers who have been initiated into Shambhavi Mahamudra Kriya is 2 weeks. The maximum visit length for those who have not been initiated into Shambhavi Mahamudra Kriya is 1 week.

Those who apply for an extended stay will have a meeting with the Overseas Coordination Office (OCO) coordinator after the initial 2 weeks.

If your arrival / departure date changes, please inform the OCO reception at Welcome Point. This office will be your main point of contact during your stay.

Please do not make travel arrangements before receiving confirmation for your accommodation/ stay. Due to widespread interest in visiting Isha Yoga Center, we may be fully booked months in advance and unable to accommodate walk-in guests.

Feel free to take a look at our program and events schedule to learn more about opportunities that may interest you.

ishayoga.org/Schedule/Yoga-Programs



Travel Tips & FAQs

PASSPORT

Citizens of all countries (except Nepal, Bhutan and Maldives) require a passport to enter India. The passport must be valid for a minimum of six months beyond the date of intended departure from India.

VISA

If you do not already have a valid Indian visa, you can apply for one online or at the Indian Embassy/ High Commission or Indian visa processing center in your country. In order to ensure that your visa is granted prior to travel, be sure to submit the application well in advance.

What is the maximum duration of stay allowed on a single visit to India, as stated on your visa?

Your visa may have both an expiry date and a maximum duration of stay. For example, your visa may be valid for one year, but the maximum duration of stay may be 90 days. This means that each visit in India must not exceed 90 days from the date of your arrival in India (which is counted as the first day).

What type of visa should I get?

Visitors and participants of short term yoga programs can apply for a tourist visa online or at an

Indian Embassy. Those who are interested in long-term and full-time volunteering are encouraged to first visit, get a sense of the space, and explore the many programs and offerings at Isha Yoga Center. After a mutual trial period of two weeks, we can look into the possibility of further stay.

How much does it cost to stay at Isha Yoga Center?

This depends on your choice of accommodation, programs, and whether you choose to undertake treatment at the Isha Rejuvenation center, among other factors. You can find more information about accommodation on suvya.isha.in. Additionally, you can find the cost of upcoming Isha Yoga and Isha Rejuvenation programs on our program finder www.ishayoga.org/Schedule/Yoga-Programs.

Accommodation for guests and volunteers includes two wholesome vegetarian meals each day at Biksha Hall - at 10:00 a.m. and 7:00 p.m., with a second batch at 10:45 a.m. and 7:45 p.m. Meals are offered and eaten in silence.

Will I see Sadhguru?

Please check Sadhguru's schedule for the most up to date information on programs and events. ishayoga.org/Schedule/Sadhguru



Travel to Isha Yoga Center

ITEMS REQUIRED FOR CHECK-IN

- Original passport
- Original Visa/OCI card
- Copy of your booking confirmation

Please note that all overseas visitors are required to complete formalities to comply with regulations set by the Indian Bureau of Immigration. As a result, it will not be possible to check into accommodation or enter a program at the Isha Yoga Center without presenting a physical valid passport and visa (or OCI Card). There will be no consideration for exceptions.

TRANSPORTATION

- From Coimbatore Airport: At the airport, pre-paid taxis to Isha are available for a fixed price. The drive will take about 1.5 hours.
- From Coimbatore Railway Station: At the railway station, taxis are readily available. The drive will take about 1 hour.
- Taxis can also be pre-booked through the Isha Travel Desk by emailing travel.desk@ishafoundation.org
- **Avoid travelling at night.** We are located near a reserve forest so there is risk of encountering wildlife on the way. Please refrain from travelling to and/or from Isha Yoga Center at night between the hours of 10.00 p.m. to 6.00 a.m.



Staying at Isha Yoga Center

The Weather at the Isha Yoga Center is quite warm from April through September with temperatures reaching a maximum of 95°F (35°C). Light clothing is recommended. From October through February, the climate is cool. The days are pleasant but at night the temperatures can go down to a minimum of 60°F (15°C). A light sweater or jacket will be useful for cooler evenings. Situated near the Velliangiri Mountains, Isha Yoga Center and the surrounding areas receive regular rainfall from June to November. It is best to carry light rain gear during this period.

FOOD & ACCOMMODATION

- Both cottage and dormitory facilities are available. Pricing and other information about cottages can be found at suvya.isha.in. Those who have been initiated into Shambhavi Mahamudra Kriya and are interested in volunteering can avail shared volunteer dormitory accommodation.
- Accommodation includes two wholesome vegetarian meals served each day at Biksha Hall. First batch is served at 10 a.m. and 7 p.m. and second batch is served at 10:45 a.m. and 7:45 p.m. Meals are offered and eaten in silence. Men and

women are seated in separate rows. The non-spicy section is indicated by a corresponding sign. Food in southern India is eaten by hand (in particular using the right hand).

- Only make use of the spicy and non-spicy sections. The kanji diet is reserved for brahmacharis and full time residents. Please do not bring outside food into Biksha Hall.
- Please do not eat or store food in residential spaces, as this will attract unwanted pests. You can throw away food in bins that are specially allocated and marked for food.

LAUNDRY

Laundry can be done in the designated wash areas. Limited clotheslines are available. Cottage guests may avail of the in-house laundry service for a nominal charge. Kindly do not bring excessive/unnecessary luggage, as storage space in stay areas is limited.

At the end of this guide, we've provided suggestions for what to pack.

CURRENCY

24-hour ATMs linked to international networks are common in most parts of India.

There is one available near the Sarpa Vasal entrance to Isha Yoga Center.

CASH

Only Indian rupees are accepted at the Isha Yoga Center. No foreign currencies will be accepted. Exchange of foreign currency into Indian rupees in Isha Yoga Center is not available. Please change money prior to arrival, either at an international airport or in the city.

VALUABLES AND SAFE DEPOSIT

Please be sure to keep your valuables in the safe in your respective stay area. We recommend that no valuables be kept in the room. Do not leave your mobile phone unattended, including when charging. Isha Foundation/Isha Yoga Center will not be held accountable for any lost or stolen items.

Locker facilities are available on a first come, first served basis. In case of no availability, please bring a luggage lock to secure your belongings.

ZERO-TOLERANCE

- The following items are prohibited on the campus at all times: cigarettes, alcohol, illicit drugs, and meat-based products. If anyone is found under the influence or in possession of cigarettes, alcohol or any other illicit drug, they will be asked to leave the premises.
- Downloading, browsing or sharing of content that is illicit, profane, or in the form of propaganda on the Isha Yoga Center premises is not allowed.
- No solicitation of guests/volunteers for cash, loans, donations or purchase of products/services are allowed.
- Walking in the surrounding forests and villages is not permitted.





A Day at the Isha Yoga Center

Guru Pooja and Practices

5:30 a.m. - 7:30 a.m.

Dhyanalinga - Opening Time

6:00 a.m.

Linga Bhairavi - Opening Time

6:30 a.m.

Linga Bhairavi Arati

7:40 a.m.

Brunch at Biksha Hall (2 Batches)

9:55 a.m. & 10:40 a.m.

Nada Aradhana at Dhyanalinga

11:45 a.m. - 12:10 p.m.

AUMkar Initiation at Sadhana Hall 1 or AV Hall

12:30 p.m. - 1:15 p.m.

Linga Bhairavi Arati

12:40 p.m.

Linga Bhairavi - Closes

1:20 p.m.

Linga Bhairavi - Opens

4:20 p.m.

Nada Aradhana at Dhyanalinga

5:45 p.m. - 6:10 p.m.

Darshan - Contact Reception for Venue

6:10 p.m. - 6:45 p.m.

Dinner at Biksha Hall (2 Batches)

6:55 p.m. & 7:40 p.m.

Linga Bhairavi Arati

7:40 p.m.

Dhyanalinga - Closing Time

8:00 p.m.

Linga Bhairavi - Closing Time

8:20 p.m.

Bed Time - Lights out & silence in stay areas

9:30 p.m.

**Please note the volunteering schedule begins at 8:30 a.m. each day. The schedule may vary slightly depending on the activity.*



Special Events & Opportunities

Pancha Bhuta Aradhana:

- Every Shivaratri (usually the day before Amavasya). Click [here](#) for more information.
 - Advance registration is required.
- Contact: pba@ishafoundation.org.

Amavasya/Purnima (New moon/Full moon) at Dhyanalinga:

- Milk offering until 1:00 p.m., water offering 1:00 p.m. until 8:00 p.m.
- Midnight meditation: up to 1:00 a.m. for gents (Amavasya/New moon)
- Midnight meditation: up to 1:00 a.m. for ladies (Purnima/Full moon)
- Linga Snanam: 8:00 p.m. at Dhyanalinga (the day before and day of Amavasya/Purnima).

Purnima (Full moon) at Linga Bhairavi:

- Purnima Abhishekam, Linga Bhairavi Procession & Maha Arati (for the Purnima Pooja, advanced registration is required. Contact: info@lingabhairavi.org)
- Midnight Meditation: up until 12:30 a.m. for all

Linga Seva:

- Linga Seva is an immersive 8-day experience with Dhyanalinga. To be in the presence of this phenomenal energy form is to be in the presence of a live Guru. A moment of openness is all it takes for one to be transported into new dimensions of experience and perception.
- Register by submitting a volunteer form [here](#).

Devi Seva:

Sadhguru has created an opportunity for volunteers to be in the presence of Devi and do seva or service at Linga Bhairavi. [Devi Seva](#) is a powerful Bhakti Sadhana to experience the unbounded grace and exuberance of Devi. It starts with three days of sadhana in silence, a rare opportunity for volunteers to make use of Devi's presence in this sacred space, followed by 15 days of Seva (volunteering) in Linga Bhairavi. Register by contacting info@lingabhairavi.org

Isha Kriya & Upa-Yoga:

Offered daily as 30-minutes sessions at 9.30 a.m., 10.30 a.m., 11.30 a.m., 2 p.m., 3 p.m., 4 p.m.



How to Be in the Space

Isha Yoga Center in India is a residential community established expressly for the purpose of supporting yogic sadhana (spiritual practices).

GREETINGS

The traditional greeting in southern India is “Namaskaram” with palms joined. Indian culture tends towards modesty while expressing physical affection. Please avoid display of any physical affection such as hugging and holding hands.

CLOTHING ETIQUETTE

Indian clothing style is modest, so please bring clothing that covers the shoulders, midriff and knees at all times for both men and women. Proper attire includes: ankle length pants for both men and women (no capris or shorts) and long shirts that cover upper arms and thighs. Traditional Indian clothing such as kurtas and panchakacham/ pants for gents and salwar kameez, kurtis or sarees for women is recommended. Please avoid tight clothes such as shirts and jeans – both for your own comfort and as a sign of respect as a sign of respect to the local culture.

FOOTWEAR

Removing footwear before entering interior spaces is a part of the Indian cultural ethos. For your convenience, please bring footwear that can be easily removed.

COMMUNICATION

The Welcome Point has limited computer facilities with internet connection and temporary wifi access for guests and volunteers to use. SIM cards can be purchased at the departmental store located beside Biksha Hall. However, it’s best to use these facilities only for emergency purposes. All visitors to Isha Yoga Center are encouraged to keep communication to a minimum and focus on their sadhana and activity to make the most out of their stay here. Please do not use your phone while walking.

Incoming Urgent Emails: In case you are not able to check emails regularly, the Overseas Coordination Office contact details can be used to receive urgent mails or calls. The contacts are:

overseas.info@ishafoundation.org and

+91 89035 15674. Please inform anyone sending an inbound e-mail to place your name in the “RE:” or “subject” space.

WALKING IN THE FOREST

Government regulations do not permit entry into the forest adjacent to the Isha Yoga Center. It is strictly prohibited for any individual or group to trek through the Velliangiri Mountains (including up to the 7th hill), except those who are partaking in the Shivanga Sadhana yatra.

PHOTOGRAPHY

Please note that photography is permitted only near the entrance to the Dhyanalinga and near Adiyogi. Kindly refrain from taking photographs anywhere else within the Isha Yoga Center.

LOCAL ECOSYSTEM

Please respect the local ecosystem.

- Please do not pet or feed any animals – stray dogs, cats, cows, monkeys, etc.
- Pets are not allowed on the Isha Yoga Center premises.
- Plucking flowers and leaves within the Isha Yoga Center premises is not permitted.

FELLOW GUESTS AND VOLUNTEERS

- You may see people wearing “silence” or “sadhana” tags. Please do not interact with them in any way, as it may disturb their sadhana.
- Please do not approach the Home School or Samskriti children.

- In order to make the most of your stay, it is best to focus on your sadhana/yogic practices and volunteering schedule, keeping social interactions to a minimum.

OPENING HOURS

Dhyanalinga:

6:00 a.m. - 8:00 p.m.

Linga Bhairavi:

6:30 a.m. - 1:20 p.m.

4:20 p.m. - 8:20 p.m.

Suryakund & Chandrakund:

7:30 a.m. - 7:30 p.m.

Isha Rejuvenation Center:

8:00 a.m. - 6:00 p.m.

(Please make an appointment.

Contact:

isharejuvenation@ishafoundation.org)

Peppervine Eatery & Isha Shoppe:

8:30 a.m. - 7:30 p.m.

OCO Reception (Welcome Point):

8:30 a.m. - 9:00 p.m.





What to Pack

TOILETRIES

- Tissue packets (pocket size)
- Toilet paper, in case you need it.
- Insect repellent
- Hand sanitizer
- If you forget any of your basic toiletries, some items will be available for purchase at the Isha Shoppe or the Departmental store.

RECOMMENDED CLOTHING QUANTITY

- 7 sets of cotton casual / work clothes (for those planning to stay longer term).
- 2 sets of loose clothes like track pants and T-shirts for doing your practices
- Sufficient undergarments
- Warm clothing - sweater or shawl.
- Comfortable sandals or slippers (it is advisable to bring inexpensive footwear that won't be damaged by rain or moisture).

OTHER ITEMS

- Personal alarm clock
- Batteries
- Watch (highly recommended).
- Yoga mat
- Bedding – pillow, bedsheet, blanket (If staying in the volunteer dorm or for some programs).
- Umbrella
- Refillable water bottle (in an effort to cut down on paper & plastic waste, plan on having a personal water bottle).
- Please tag your luggage with your name.
- Locks for your luggage. Please limit your luggage to 1 trolley bag and 1 backpack due to space constraints.

OPTIONAL

- Sun hat / sunglasses
- Sunscreen
- Small backpack
- Ear plugs and eye masks
- Plug adaptor



Medical

MEDICATION & ALLERGIES

Please bring all necessary medication with you. Be sure to inform us in advance if you have any specific allergies. Note that due to the high volume of people staying at the Isha Yoga Center at any given time, we will not be able to cater to any special diet requests. Please plan accordingly.

MEDICAL

The Isha Yoga Center will provide basic first aid/allopathic medical assistance for a nominal cost. Any serious medical conditions such as asthma, chronic ailments, allergies, heart conditions, physical disabilities, injuries and history of mental imbalances/disorders, should be informed to the Overseas Coordination Office well in advance.

In case you avail of any medication from the Yoga Center clinic, or in case of any hospitalization due to unforeseen circumstances, you will be responsible for covering the costs. Please note that due to Isha Yoga Center's remote setting, travel to the nearest hospital can take a minimum of an hour and a half.

PHYSICIAN CONSULTATION, IMMUNIZATIONS & MEDICATION

We suggest that you contact your physician to discuss any immunizations or medication that might be recommended for your personal wellbeing. If you take prescription medication or wear glasses or contacts, please make sure you have enough supply for the duration your stay. An extra pair of glasses/contacts is highly recommended.

Suggestions for a small personal medical kit:

- Insect repellent
- Antacids
- Hand and body lotion
- Antiseptic creams, powders or spray
- Anti-diarrheal medication
- Ibuprofen/Paracetamol
- Bandages or band-aids
- Prescription medication
- Throat lozenges
- Cold and flu tablets
- General antihistamines



Volunteering

“To volunteer is to become willing beyond your likes and dislikes. In absolute willingness is your salvation.”

– Sadhguru



VOLUNTEERING GUIDELINES

- Each day begins with Guru Pooja at 5:30 a.m., followed by morning sadhana which lasts until at least 7:30 a.m. Gents and ladies have separate allocated areas (confirm locations with OCO reception). Please be seated a few minutes before Guru Pooja starts.
- Volunteering activity starts at approximately 8:30 a.m. and usually lasts until 8:30 p.m. Sufficient breaks are given in between for dining, Shoonya meditation, and evening sadhana.
- For volunteering assignments, report to OCO reception (Welcome Point) before 5:00 p.m.
- A mandatory volunteers' meeting is held every Wednesday at 8:15 p.m.
- Those staying in cottage rooms for short durations are encouraged to volunteer for a minimum of 2-3 hours a day.

IN THE VOLUNTEER STAY AREAS

- Those who would like to follow the volunteer schedule and have completed Inner Engineering, including initiation into Shambhavi Mahamudra Kriya, are eligible to stay in the Volunteers Dormitory.
- With limited space available, the beds are close together – bunker style. Please bring your own pillow, bedsheet and blanket.
- Your luggage should include a lock to secure possessions. Try to avoid bringing valuables, especially laptops.
- 9:30 p.m. to 4:45 a.m. – Silence must be maintained. Please turn off lights and refrain from using mobile phones. Be sure not to set alarms during this time, as they may disturb the sleep of others.
- Help us in maintaining the space. Kindly keep your shelf/belongings tidy and support with cleaning as needed.
- Only one shelf will be provided for your belongings.
- No luggage is to be left behind in the room upon departure under any circumstances. For unwanted items, contact OCO Reception at Welcome Point to donate them.



Making use of the Space

The Isha Yoga Center is a sacred space that has been created for one's spiritual growth. The daily schedule has been meticulously designed to utilize every aspect of the day as sadhana, a tool towards one's growth. Those staying at Isha Yoga Center are not encouraged to move in and out of Isha Yoga Center premises during the period of their stay.

Note: Schedule for program participants and program volunteers may vary.

IN SADHGURU'S WORDS:

Sadhguru has often mentioned that Isha Yoga Center is run largely on the strength of the volunteers. Here, he explains the essence and importance of volunteering:

Sadhguru: The whole process of Yoga is just to give yourself. When I say give yourself, people may not know how to simply give themselves. People need some kind of means to give themselves. Whatever you may give in your life to anybody – you may give money, you may give food, you may give education.

All the things that you give, actually do not belong to you, yes? Whatever you have today, everything including your body, you gathered it from this earth and when you go, you have to give it back.

All that you have today with you is something you have borrowed from this planet. It is not really yours, you can use it, you can enjoy it. Though you believe you own it, you cannot really own it. You believe you own your house, you believe you own your clothes, you believe you own your children, your wife, your husband. They are here for you, you can enjoy them, but when you have to leave, you have to leave them and go.

Nothing really belongs to you. What doesn't belong to you, you cannot give. There is really no giving. There is no value to this kind of giving but you need a means to give.

Fundamentally, the only thing that you can give is yourself but you do not know how to give yourself simply, so you give using things as a means. You are using activity as a means to give yourself. If you

are not aware of this, then giving becomes a great problem. If you do not make yourself willing to give yourself, it becomes a very painful process. When you understand giving as only giving things, then naturally fear will come into you because “If I give away everything what will happen to me?” It is because of this understanding, we fear giving. People have become stingy, miserly with their love, with their joy, simply because they only think that giving means things. How much, how many things can you give?

From this economy, slowly we have become less loving, less joyous, less peaceful, because we are afraid of giving.

Volunteering is a process of giving yourself. It is an opportunity to give yourself. You can simply sit here, close your eyes and give yourself to the world. It is possible but that level of awareness is not there in most human beings. Unless there is activity, people do not know how to give themselves. They need action to give themselves to something. Normally, what little work we do, calculations are there, “How much should I do? Why should I do? What will I get out of this?” In these calculations, all the beauty of doing is gone and the very process of life has

become ugly. Most of the things that you are doing in your life are things that you have chosen to do. In spite of that, we are doing simple activities with so much struggle because we are unwilling to give. Somewhere we have forgotten that we started this willingly.

Volunteering is a way of learning to make our lives into a process of just giving and being willing. Not just willing to do this or that, simply willing.

No spiritual process will happen to any human being unless he becomes willing. So, volunteering is a tremendous tool in creating that willingness. This kind of willingness to start with is better when it happens in a protected atmosphere. That is why the whole process of Isha is happening as volunteering to just provide you with that necessary protected atmosphere where you can be 100% willing and not be exploited. We are always stressing on volunteering, so that you use the atmosphere to become willing. Then it will extend into your daily life also. Above all, it will permeate into your being, that you become willingness.





“Don’t hold back your love,
your joy, and your exuberance.
Only what you give becomes your quality,
not what you hold back.“

Sadhguru