

Volunteer Registration

As the ashram is near a reserve forest area, please plan your visits in such a way that the arrival time is between 6 AM and 9 PM. Dormitory accommodation will be available only to those who have registered.

Registration can be done online or through SMS. It opens 60 days in advance and closes 24 hours prior to your date of arrival. Please note that cancellations must also happen at least 24 hours before your scheduled arrival date at the Isha Yoga Center.

After registration, a number will be sent to you through SMS and email. Please show the registration number at the time of entry into the Isha Yoga Center.

Please bring any of the following valid photo IDs at the time of visit: Aadhaar card, PAN card, Driver's license, Voter's card, Passport or Family (ration) Card.

Program Registrations

icycprograms@ishafoundation.org

Program Volunteering

icyc.programvolunteering@ishafoundation.org

Online

For online registration or cancellation, please visit: isha.sadhguru.org/volunteer

For overseas volunteers, please visit: suvya.isha.in

Through SMS

To register from your mobile, please send a message to: (00) 91 83000 82000

For registration, please use the following format: IYC-Full name of person (as per Photo ID)-Mobile number-Arrival date.

For cancellation, please use the following format: IYC-Cancel-Registration number.

Please send a separate SMS for each person visiting the ashram for volunteering.

Overseas Volunteers Support

overseas.info@ishafoundation.org

+91 944 340 0475 (9 AM to 9 PM)

Cottage Accommodation

ishastay@ishafoundation.org

+91 422 251 5470 or 5471

For any queries, feedback or suggestions, please do not hesitate to contact: volunteering@ishafoundation.org
+91 422 251 5603 / 8300098777

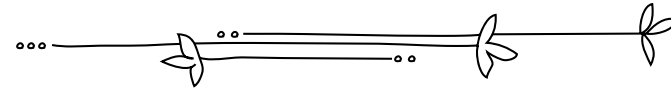


Volunteering

at the Isha Yoga Center



Welcome to the Isha Yoga Center



“Life is just a certain amount of time and energy. Putting this time and energy to maximum use for everyone’s wellbeing is all that matters.”

- Sadhguru

Namaskaram,

Established by Sadhguru under the aegis of Isha Foundation, the Isha Yoga Center (IYC) is an ashram situated at the foothills of the Velliangiri Mountains, 30 kms outside of Coimbatore, in Tamil Nadu.

During your stay, you will be in the presence of several consecrated spaces such as the Dhyanalinga, Linga Bhairavi and Adiyogi Alayam, as well as sharing the space with brahmacharis (monks), ashram volunteers and guests.

The Yoga Center is experienced by many as a place of rare power and vibrant energy. It is our hope that you will enjoy your time as a volunteer and be enriched by your experience here.

In order to help you make the most out of your visit, and also to prepare for your journey, a simple set of guidelines and other useful information has been compiled here.

Pranam,

Volunteers' Reception Office (VRO)





Isha Yoga Center is established specifically for the purpose of supporting yogic sadhana (spiritual practices). In order to make the most of your stay, it will help to be aware of the lifestyle, customs, and guidelines that have been established here. Please spend some time familiarizing yourself with these guidelines.

Volunteering in the Ashram

Items To Bring

Please bring your own toiletries, bed sheets, warm clothing (November to February), rain gear (June to November), locks for luggage, mosquito repellent, personal medication, flashlight (torch), etc.

If you are coming as a family, please pack gents' and ladies' luggage in separate bags as the stay areas are separate.



Accommodation & Food

Dormitory accommodation for all volunteers includes two wholesome vegetarian meals each day at the Biksha Hall – at 10 AM and 7 PM, and a second batch at 10:45 AM and 7:45 PM. Meals are offered and eaten in silence. *Please come at least five minutes ahead of time for the meals, as the doors will close at the above mentioned timings.*

Volunteers' Meetings

A volunteers' meeting is held a couple of times a week, at 3:30 PM in Biksha Hall, first floor. Kindly visit the Volunteers' Reception Office (VRO) to know the exact date. All volunteers are required to attend.

Once you have been assigned an activity, please ensure that you are at your allotted area at the requested time.



Security Tag

Please wear the provided volunteer tag in a visible manner at all times. When the validity of the tag is over, you can get a new tag at the Volunteers' Reception Office (VRO) between 8 AM and 8 PM. Please inform VRO and hand over your tag before you leave.

In the Dormitories

Mobile Phones & AV Equipment

Please use your mobile phones minimally – for essential calls and messages only. Radios, stereos, or other audio/video equipment are not to be used inside the ashram. Reading is also discouraged.



Food & Litter

Kindly avoid bringing food into the stay areas, as it may attract rodents. Please use the dustbins provided in the stay areas for any waste material. Please segregate the waste according to the labels on the bins.



Utilities

Please turn off lights, electrical appliances and water taps when they are not required and if you are the last to leave the room.

Laundry

Water is scarce in the ashram, therefore washing clothes during your stay is not encouraged. Please bring adequate sets of clothing for the duration of your stay. In the case of volunteers staying longer than 3 days, you can wash your clothes in the designated laundry areas where clotheslines are available.



Cleanliness

Kindly arrange your belongings and mattress neatly and stack your luggage on the luggage rack.



Isha Yoga Center Map



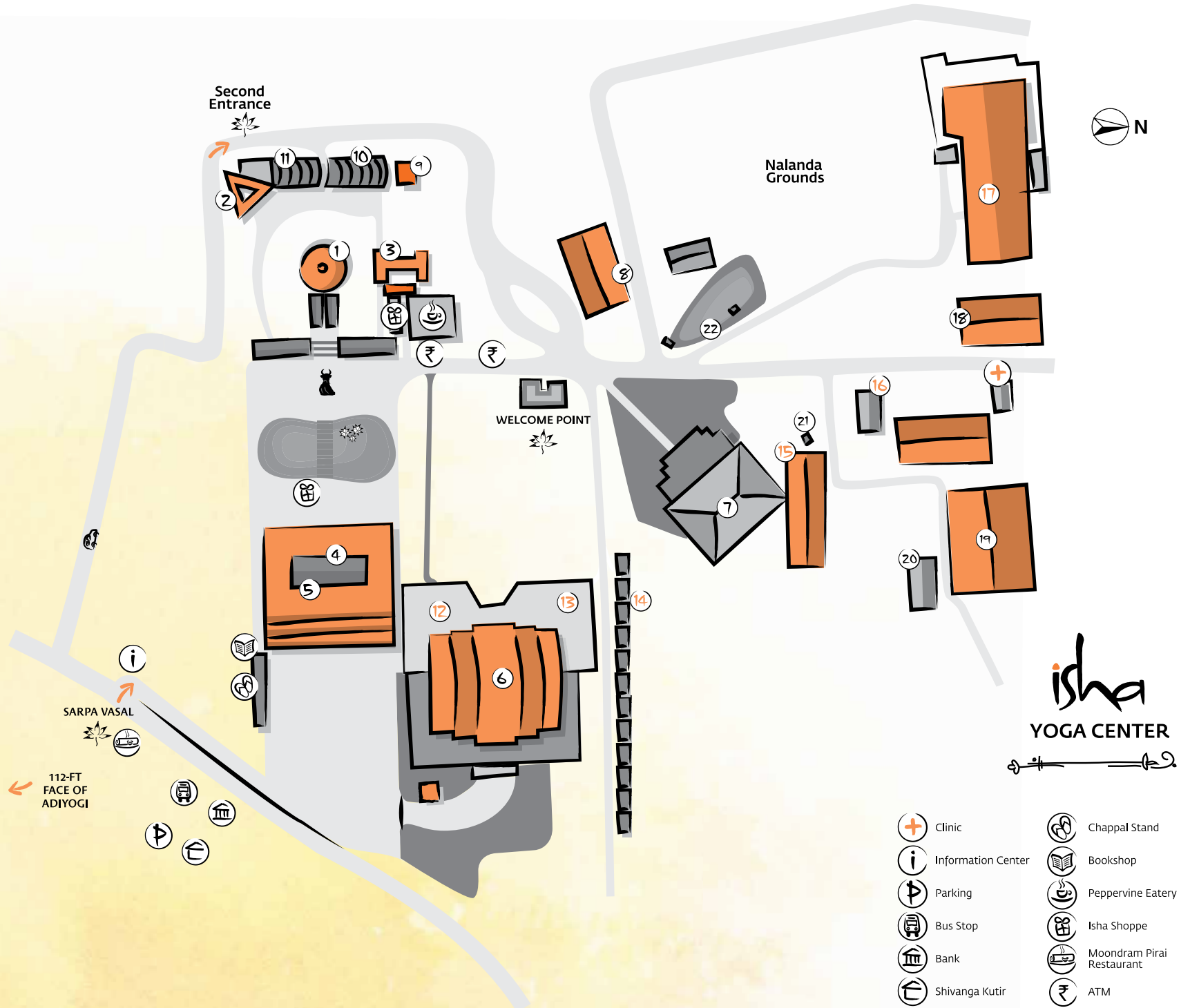
Legend

- 1 Dhyanalinga
- 2 Linga Bhairavi
- 3 Chandrakund
- 4 Suryakund
- 5 Naga shrine
- 6 Adiyogi Alayam
- 7 Spanda Hall
- 8 Kaivalya Kutir
- 9 AV HALL
- 10 Sadhana Hall 1
- 11 Sadhana Hall 2

Stay Areas

- 12 Adiyogi Alayam Stay 1
- 13 Adiyogi Alayam Stay 2
- 14 Alayam Cottages
- 15 Spanda Hall Stay Area
- 16 Nadhi Cottages
- 17 Nalanda Stay

- 18 Isha Rejuvenation
- 19 Biksha Hall
- 20 Akshaya Office
- 21 Departmental Store
- 22 Nirkaya Sthanam



- Clinic
- Information Center
- Parking
- Bus Stop
- Bank
- Shivanga Kutir
- Chappal Stand
- Bookshop
- Peppervine Eatery
- Isha Shoppe
- Moondram Pirai Restaurant
- ATM

Daily Schedule

4:45 AM	Wake up time
5:30 AM	Guru Pooja
7:40 AM	Abhishekam at Linga Bhairavi
8:15 AM	Reporting time for volunteering activities
10:00AM	Brunch at Biksha Hall (Second Batch at 10:45 AM)
11:45 AM	Nada Aradhana at Dhyanalinga
12:30 PM	Aumkar Initiation at Sadhana Hall 1
12:40 PM	Abhishekam at Linga Bhairavi
4:45 PM	Games in the grounds opposite Nalanda
5:45 PM	Nada Aradhana at Dhyanalinga
6:10 PM	Sadhguru Darshan at Sadhana Hall 1
7:00 PM	Dinner at Biksha Hall (Second Batch at 7:45 PM)
7:40 PM	Abhishekam at Linga Bhairavi
8:00 PM	Linga Seva (Cleaning) at Dhyanalinga <i>Please contact Dhyanalinga reception before 5pm for a pass</i>
9:30 PM	Bed time and silence zone in the dormitory <i>Please ensure no lights, talking, alarms, or usage of mobile phones</i>

Seva & Monthly Events



Dhyanalinga



Linga Seva (7 days)

An opportunity for volunteers to do seva or service at Dhyanalinga.



Pancha Bhuta Aradhana

A process offered on Shivaratri (5:40–6:20 PM) to purify the five elements within the human system.



Opening Hours: 6 AM–8 PM

For more information:

+91 422 251 5426

info@dhyanalinga.org

Linga Bhairavi



Devi Seva (18 days)

A powerful Bhakti Sadhana to experience the unbounded grace of Devi.



Poornima Abhishekam

Maha Arati

Every Poornima, an elaborate Abhishekam is celebrated with dance and music. It culminates with the Maha Arati in front of the Dhyanalinga.



Opening Hours: 6:30 AM–1:20 PM /
4:20–8:20 PM

For more information:

+91 948 649 4865

info@lingabhairavi.org



During your stay, we kindly request you to take care of the following:



Greetings

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



Dress Code

Traditional Indian clothing is encouraged. Please adhere to a modest style of clothing while in the ashram. Both men and women must cover shoulders, thighs, knees and midriff at all times. Please avoid tight clothes – both for your own comfort and as a sign of respect for the local culture.



Photography & Videography

Taking photographs or recording video or audio footage is not allowed without prior written permission of the IYC administration.

Footwear

Removing footwear before entering interior spaces is a part of the Indian cultural ethos. Please leave your footwear in the footwear stands situated at the entrances of the stay areas, Biksha Hall, etc.



Money & Credit Cards

There are two ATMs which provide cash in rupees. Most credit cards (except American Express) can be used at IYC. Please note that smaller shops only accept cash.



Valuables

Please avoid bringing valuables. IYC will not be accountable for any lost or stolen items. Do not leave your mobile phones unattended while charging and please keep your bags locked at all times. Avoid keeping cash, jewelry, and mobile phones in the stay area. A limited number of lockers are available in the stay area.

Communication

One can notice people wearing “Silence” or “Sadhana” tags. Please do not communicate with them as they are in sadhana. Isha Samskriti and Isha Home School children live in the IYC premises; please refrain from communicating with them as well.



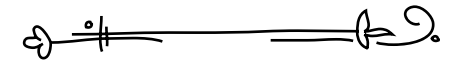
Children

Children below the age of 6 are not allowed to stay in the dormitory. In such a case, please book a cottage in advance. Kindly ensure children are supervised by adults at all times. If staying in the dormitory, children between the ages of 6 and 18 have to stay with a parent of the same gender. Please ensure that your children are not making noise, littering in the rooms or damaging plants or property inside the ashram premises.



Medical Emergencies

In case of medical emergencies, please visit or contact the VRO immediately (8903515603) between 8 AM and 8 PM. For emergencies at any other time, please contact the 2nd Gate Security (0422-2515402).



Important Notice

Alcohol, illicit drugs, cigarettes and non-vegetarian products are strictly prohibited.

Downloading, browsing or sharing of content that is illicit, profane, or in the form of propaganda is not allowed. Please do not solicitate anyone for cash, loans, donations or purchase of products/services.

Please do not bring or keep pets in the IYC premises.

Kindly do not pluck flowers for any reason.

