

## **Detailed information about Parmarth Niketan Ashram**

One of the benefits of having your retreat / stay at Parmarth Niketan Ashram is the opportunity to attend the world famous divine Ganga Aarti at sunset on the holy banks of Ma Ganga followed by Satsang / Spiritual Q & A session with Pujya Sadhviji and / or Darshan [be in the presence of a living saint] with Pujya Swamiji whenever they are in the Ashram. Ganga Aarti and Satsang give you the opportunity to give thanks and integrate the teachings of the day, connect with the divine within and seek clarity to any questions you may have to discover the truth within.

The daily activities of the ashram - which are all without cost for visitors and guests - are as follows (timings subject to change):

- 5:00am-6:00am : Prathana [Morning Prayer]
- 6:00am-7:00am : Morning Asana class
- 8:00am-8:20am : Sacred Yagya Puja
- 9:30am-10am : Gita Path and Pravachan
- 3:15pm-3:30pm : Srimad Bhagawad Gita Paath
- 3:30pm-4:45pm : Srimad Ramcharitmanas Paath
- 4:00pm-5:00pm : Afternoon Asana class
- 5:00pm-5:45pm : Meditation
- 5:45pm-6:00pm : Ganga Havan Puja
- 7:00pm-7:45pm : Sacred Ganga Aarti

Karma Yoga at Parmarth Niketan Ashram includes keeping your room clean and protecting the environment. Please put all garbage into the dustbins provided and turn off all lights and taps when not in use. To truly experience all the Ashram has to offer, all guests and retreat leaders are expected to regularly attend the Ganga Aarti at sunset on the holy banks of Mother Ganga; followed by Satsang (when offered) within the Ashram grounds; and practice karma yoga.

The Ashram does not have TVs, and we do not provide WiFi access. We find that the INNERNET works so much better! We do provide the basic necessities, such as linens, towels and blankets. Anything else, we suggest you bring with you, or it is available in the nearby market.

Guests may dine in the onsite canteen, which operates from 0630 - 2130 daily for convenience, and offers a variety of meals, snacks and beverages ranging in price from 10 INRs for chai to 100 INRs for a very good Thali. The menu has expanded to include salads, sandwiches and pizza - and, everyone agrees that the food is delicious! There

are also dozens of restaurants and food carts just outside the ashram gates for you to choose from. Cooking is not permitted in the rooms.

In order to have a quick check-in and also a hassle-free stay at the Ashram, please read the following information carefully -

- **As a general rule, you can check-in anytime between 9 am – 8 pm and check-out before 10 am.**
- Depending upon the operational and logistical needs of the ashram, early check-in and late check-out may be possible. We humbly invite you to discuss your particular needs with the Reception office by telephone (see numbers below) before your arrival once your reservation is confirmed. If you're arriving early and check-in is not possible, we invite you to enjoy our gardens and facilities and to take advantage of any of the programs that may be taking place - such as drop-in yoga classes - until check-in is available. If you require a late departure, we invite you to check your luggage with Reception office and continue to enjoy the ashram and its facilities and programs until it's time for you to leave.
- **If you need to contact the Ashram while en route, please call us at +91-1352434301 (Landline)+91-7830060088 (Mobile). After arrival, please go to the reception office to check-in.**
- Parking is available in the lot behind the ashram. For directions visit: <https://www.parmarth.org/ashram/directions/>
- **Our housekeeping office is open from 9 am to 5 pm. If you need any housekeeping supplies [bed linen, towels, toilet paper soap] go to the housekeeping office during the open hours of 9 am - 5 pm.**
- **If you require transportation from the airport, bus or train stations, contact Manish Chakravarty of Jolly Grant Travels at +91 97191 10191. He can also arrange local tours and activities and provide other travel-related services.**
- **General Hatha Yoga classes are offered twice daily from Monday to Sunday on a drop-in / donation basis. Whatever you feel inspired and can comfortably give is greatly appreciated and gratefully accepted. It is only with the generosity of divine souls like yourself that we are able to continue our services to humanity, Ma Ganga and Mother Earth.** Please check the bulletin board in the reception office for exact timings and location.
- Universal prayers are held every morning at 5 am in the Satsang Hall.
- Ashram guidelines are available at <http://www.parmarth.org/ashram/guidelines/>. It is expected that all visitors will respect and honor the Ashram guidelines.
- **Dress Code:** To honor our spiritual leaders and maintain the sanctity of the Ashram, visitors are expected to be modestly dressed when in public areas, satsang and yoga classes. **Men and women should wear clothing that covers shoulders (no sleeveless shirts), midriff, and calves (no capris, shorts, or short dresses). Ladies should be careful to cover their cleavage. This is not a**

**suggestion...it is expected.** For further questions and clarifications please visit: <http://www.parmarth.org/ashram/guidelines/>

- **IMPORTANT:** To comply with government requirements, please carefully note the following:
  - **Foreigners:** Guests of non-Indian nationality are required to email a photo or scanned copy of their passport ID and valid visa to India
  - **Indian Nationals:** You need to show Government id (Adharcard or Passport)
- **Consumption of tobacco products, alcohol, drugs and any illegal substances and non-vegetarian food are strictly prohibited in Ashram premises. Those that choose to ignore this guideline will be escorted off the property.**
- **Use of plastics and Polyethylene products in Ashram premises is also strictly prohibited. Please leave your plastic bottles outside the Ashram premises.**

Donations may be offered in cash with Rupees, or most major currencies, or by credit or debit cards upon arrival. We accept Visa and MasterCard.