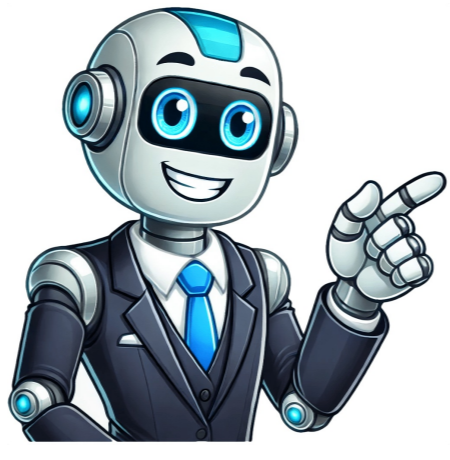


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Bhoomi category are requested to bring their own kit, which can be purchased or purchased from ishalife.sadhguru.org or the Isha Life store upon arrival. If you have already learned Bhuta Shuddhi, you can participate again. Please make sure to bring your existing kit.6. What is the dress code for the program?White clothing is mandatory during the program. Participants are requested to bring a minimum of 8 sets of white clothes.Laundry facilities are not available for participants of the 8-Day Program.Participants enrolled in the 21-Day Program can access laundry facilities starting from Day 9, with charges applicable.7. Do I need to bring my own yoga mat?Yes, participants are requested to bring their own yoga mats. If needed, you can also purchase one online at ishalife.sadhguru.org or at the Isha Life store upon arrival at the Isha Yoga Center.8. What is the last date to apply for the program?Registration is on a first-come, first-served basis and will close depending on the number of applications received.9. If I miss one of the sessions, can I attend the remaining ones?It is required to attend all the sessions of the program. You may be asked to leave in case you miss a session.10. I did not receive the confirmation email for the program. What should I do?Please check your Spam, Promotions, or Other folders in your email. If you still do not find it, you can request for support through support.ishafoundation.org.To make the most of the program, it is best to keep your phone usage to a minimum. There will be a designated time allocated for phone usage.1. Can I pay in any currency?No, payments can only be made in Indian rupees.2. Can I pay at a local Isha Center?No, the payment can only be made online using the payment link sent to your registered email.3. Can I use multiple bank accounts to make the payment?No, a single payment of the full amount must be made at the time of registration.4. Can I make a partial payment prior to the program and the balance amount at the end?No, a single payment of the full amount must be made at the time of registration.5. I have paid for the program but did not receive an acknowledgment receipt. What can I do?If there was a payment failure, the amount will be credited back to your account within 6-7 working days.Kindly check your Spam, Promotions, or Other folders in your email. If you do not find the receipt, you can reach out through support.ishafoundation.org.Also, ensure you are using the same email ID for the registration as well as to communicate with us.6. What should I do if my payment page gets stuck when the transaction is being processed?Please do not attempt to pay again. Please reach out through support.ishafoundation.org from your registered email and wait for a response before attempting the payment again. Upgrades and Cancellation1. I would like to cancel my registration and get a refund. How do I proceed?2. How do I upgrade my category?You can reach out through support.ishafoundation.org to change your registered category. Upgrades will be provided based on availability, subject to the payment of the difference in program fee. No refunds will be made for a downgrade.For more details on the Upgrade Policy, please read the Terms and Conditions.3. I have registered for the program but I am unable to attend it. Is it possible for me to re-register next year?No, re-registration for a future program is not available. Please read the Terms and Conditions regarding re-registration to know more.1. What type of stay will be available for the program?There are 3 types of accommodation:Jala AC twin-sharing cottage accommodationAgni Non-AC twin-sharing cottage accommodationBhoomi Stay will be in a consecrated hall with a designated luggage area2. Do I have to bring my own bedding? No, bedding will be provided to all the participants.3. Is parking available at the Isha Yoga Center?Limited parking spaces are available near the Isha Yoga Center. It is advisable to use public transportation.4. Can I bring family members or guests with me to participate in the program?Only registered participants with an e-Pass can attend the program.5. Can a relative or friend who is not participating in the program stay with me for a few days during the program?Program accommodation is only for registered participants. If your relative or friend wishes to stay at the Isha Yoga Center during the program, you can book accommodation for them at cottage.isha.in.6. Can I bring my children, and can they be in the stay area while I attend the program?Program accommodation is only for registered participants, and childcare services will not be available. Please make the necessary arrangements for your children accordingly.1. What food will be provided during the program?Two wholesome, vegetarian meals will be provided at 10:00 AM and 7:00 PM. Additionally, a hot drink or kanji will be served in the afternoon.2. Am I allowed to bring snacks?It is best to follow the diet designed by Sadhguru throughout the program.3. How can I manage my food if I have allergies or medical conditions, such as diabetes?The diet provided during this program will be suitable for most health conditions. Please mention any allergies in your registration form and inform the team during check-in or the first session of the program.1. What support will be available in case of a medical need or emergency during the program?Basic first aid and medical assistance will be available at the Isha Yoga Center. Any serious medical conditions must be reported to the Classical Hatha Yoga program team well in advance.We recommend you bring all your essential medicines. If your health condition is unstable, it may be best not to participate in the program.2. I need special assistance for mobility. Can volunteers support me with this during the program?Please reach out through support.ishafoundation.org with the details of your needs. A volunteer will contact you and assess how best to support you.1. Can I visit Dhyanalina, Linga Bhairavi, and Adiyogi during the program?Yes, there will be sufficient time available to make use of the consecrated spaces at the Center.2. Can I take dips in the Teerthakund during the program?Yes, Teerthakund access is included in the program fee.3. Can I step outside the Yoga Center during the program?Participants are required to stay in the Yoga Center for the entire duration of the program.4. Will there be a locker facility available to store my belongings?No, locker facilities will not be available. Avoid bringing jewelry or other valuables.The word asana literally means a posture. Out of the innumerable asanas a body can assume, 84 have been identified as Yogasanas, through which one can transform the body and mind into a possibility for ultimate wellbeing. Yogasanas are not exercises, but rather very subtle processes to manipulate ones energy in a particular direction. Hatha Yoga is offered as a set of 36 powerful postures, or yogasanas, to enable the system to sustain higher dimensions of energy. This profound science enhances how one thinks, feels, and experiences life. Ishas program requires no special physical agility or previous experience of yoga. It is not merely physical exercise, but enables a person to flower into his ultimate potential; to naturally achieve a state of health, joy, and bliss. In an untrained state, the human body is a constant manifestation of various levels of compulsiveness. By consciously forming the body into a certain posture, one creates a conducive passage for energy flow that can elevate ones consciousness. Yogasanas are a way of aligning the inner system and adjusting it to the celestial geometry, thereby becoming in sync with the existence and naturally achieving a chemistry of healthfulness, joyfulness, blissfulness, and above all, balance.The practice of Yogasanas provides countless benefits including: Relief of chronic health conditions Evolution of body and mind towards a higher possibility Stabilization of the body, mind, and energy system Deceleration of the aging processEditors Note: Subscribe to the official Sadhguru YouTube channel to watch new videos every Monday, Wednesday and Friday.

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