

GENERAL FAQs

1. How is Shrimath Yoga different from resorts or retreats or hotels?

Shrimath Yoga is a school. We offer an experience that is a blend of 'ashram learning, home food and simple living.' The place is consciously designed to serve only small groups of students, up to 10

Shrimath Yoga is not a place for picnic, vacation, holiday etc., It is a place devoted to the study of Yoga processes and principles, devoid of religious denominations. Whatever is said on FAQ & Code of Conduct, is followed to perfection. Though we have been fortunate to have batches after batches of great learners, we do not tolerate indiscipline. Shrimath has the right to evict any student, if found to be intrusive and indecent

Shrimath registers details of each and every non-Indian student with the Government of India's FRRO (Immigration Department) and the local police station at Nelamangala. This is mutually beneficial to students as well as Shrimath. Do get 2 photo copies of your passport and visa. One for our office records and the other to submit to Government authorities

2. Is Shrimath Yoga an accredited Yoga School?

Yes. Since inception in 2011, Shrimath is affiliated to Yoga Alliance International (New Delhi, India). In 2018, Shrimath Yoga is a Study Center for Annamalai University for Diploma, PG Diploma and Masters programs in Yoga. Certifications are accepted world over for employment or career upgrade

Thus the students would be continuously evaluated through written test and demo sessions as mere participation does not assure certification

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3. What VISA is needed to study at Shrimath Yoga?

A TOURIST visa and now there is a possibility to choose YOGA TRAINING option as well

4. What tradition of Yoga is practiced at Shrimath?

Classical Hatha Yoga as taught in 'Satyananda Yoga' (Bihar School of Yoga). Students learn yogasana, pranayama, yoga nidra, mantra meditation, trataka, mudra, bandha, select kriyas like kunjaj, jala neti and laghu shankaprakshalana along with sessions on Yoga philosophy

5. Do I need prior exposure to Yoga before enrolling for a course?

Interest to learn and sustain the practice is important. All our courses start from the basics and build to the level that suits you

6. How do I register for course or workshop?

- Request for the 'registration form.' Fill it and email back to us from your official email id. Bank details are provided in the 'registration form.' You could effect a direct bank transfer or ask for paypal invoice
- Kindly note that bank charges or paypal commission amount deducted by PayPal can be paid by you on arrival
- Once the filled in form and program fee reach us, your admission is confirmed



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7. How to plan arrival and departure?

- Plan to arrive one day prior to the course start date, latest by 12 noon. This would help us to start the course / workshop in time. Also helps to know fellow students and above all relieve you of jet lag. On a practical note, the Kitchen would know your spice levels!!
- Plan to depart by 12 noon / post lunch on the last day of the course

8. Which are the scriptural references / texts followed at Shrimath Yoga?

- Sri's inputs on Bhagavad Gita, Patanjali Yoga Sutras, Lalita Sahasranama
- Works of Swami Chandrashekara Bharati, Swami Abhinava Vidya tirtha, Swami Bharathi Tirtha, Ramana Maharishi, Swami Chandrashekarendra Saraswati, Swami Dayananda Saraswati, Swami Shankarananda Saraswati of Arsha Vidya Coimbatore; Swami Sivananda & Swami Krishnananda of Divine Life Society; Swami Satyananda Saraswati, Swami Niranjan & Swami Satsangi of Bihar School of Yoga
- Works of David Frawley, Robert E Svoboda and George Feuerstein
- Gheranda Samhita, Siva Samhita and Yoga Yajnavalkya

9. Does the Yoga processes practiced at Shrimath specific to a religion?

Yoga belongs to mankind. It happens to be discovered and nurtured in this part of the globe. Yoga, essentially, is each individual's personal journey towards (S)self-discovery. To understand that each soul is potentially divine, scriptural references and words of realized Masters are quoted.

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10. On sessions / classes / learning, and stay at Shrimath

- The medium of communication would be English. So a working knowledge of English is necessary
- All Sanskrit terms would be explained lucidly in English and you are encouraged to ask for repetition, till you understand
- If there is any doubt, then interact directly with the teacher. Unless asked by the teacher, resist the temptation to clear doubts of fellow students during the class or outside the class
- Interactions with the fellow students can be done (a) during the two tea breaks, (b) between 1 to 2 pm and (c) between 7:30 to 8:00 pm. At all other time, you are required to maintain mouna i.e. silence
- There is no permission to provide reiki, pranic healing or lessons / healing of any other nature or try to teach something to fellow students. Keep reminding that you are here to study Yoga as a system and play the role of a sincere student!

11. What are the exclusions?

- Airport transfer: INR 1600 one way
- Yoga Alliance International certification fee INR 5000
- Spiritual trip: between INR 4000 to 6000

ON STAY & FOOD

1. About Food

- Wholesome, seasonal, authentic Indian vegetarian food
- Home ground spices used, mostly
- Herbal teas prepared with ingredients grown here
- Mouna (silence) during meal times is observed
- The 3 meals of the day are well balanced, as per Ayurveda concepts
- An Indian milk tea, herbal tea and fruits are provided during the day
- We accommodate Vegans. Serve gluten-free, if need be
- Your spice level can be assessed after a couple of meals at Shrimath
- Kindly do not bring any eatables, be it chocolates, biscuits, nuts, dry fruits etc.,
- Alcohol, non-vegetarian food and smoking are neither allowed nor served
- Coriander and curry leaves are added daily in your food. Moringa is given once a week. Other herbs reach you in the form of herbal tea
- The vegetables and fruits that are used in Shrimath kitchen are procured directly from the Farmers' Market. It is our way of supporting the local produce and contributing to the rural economy
- Apart from those listed here, we also grow varieties of lettuce and spinach, plantain (banana), brinjal, jack fruit, guava, passion fruit etc.,
Students get to work in the farm daily for 45 minutes

ON STAY & FOOD

2. About Stay

- Location of room is done on first-come-first-serve basis. If there are less participants in the course then one may get a private room
- Each student would get to live in all the rooms during their stay
- Picnic activity is neither allowed nor encouraged
- You are encouraged to spend more time in silence
- No access to TV, Newspaper etc., during the stay
- You would do your personal laundry, by hand. Kindly bring necessary detergent cake or powder. No washing machines available
- Shrimath would provide necessary tools and cleaning agents to do housekeeping and wash of bedspreads, pillow covers etc
- Kindly bring your toiletries (tooth brush, paste, hand / bath towels, bathing bar / soap, shampoo, detergent, lotions, creams, napkins etc.,) for personal use
- Kindly ensure that you have enough stock of prescribed medicines, if any. If you are in need of any periodic medical attention then we request you not to opt to study a course, till your health condition improves. As the routine is very rigorous, it would be difficult to cope with, if health issues are there. Moreover, we do not have any resident medical doctor
- Any sort of disposable napkins, tissue papers, sanitary pads / napkins / tampons etc., need to be disposed appropriately, if used during your stay. Ask us!
- Do get 2 photo copies of your passport and visa. One for our office records and the other to submit to Government authorities

ON STAY & FOOD

3. Phone & Internet Policy

- Unless emergency, usage of mobile phone for calls or texting should be kept at minimum
- Internet is available only for essential purposes like mails (as per agenda). As we are in a rural setting, the internet may be patchy at times. So if you are a compulsive internet user then do think twice before enrolling to study at Shrimath. At the same time, if it is a emergency or you need to plan your travel, we would be happy to help you.
- Daily usage of Social Media is discouraged
- In case of emergency, whoever wishes to contact you can call Shrimath @ +91 9739 020102

4. Weather

The weather is generally pleasant throughout the year

For live updates you can check our website on this link
<https://www.shrimathyoga.com/faqs>

ON CERTIFICATION

The students would be continuously evaluated through written test and demo sessions as participation does not assure certification