



## Orientation Ananda Ashram's Volunteer Service Program

We are glad you chose to participate in our Volunteer Service Program. We sincerely hope that your stay at Ananda Ashram will be meaningful and uplifting in every way. The following points are a summary of certain information and suggestions for your reference.

1. See attached "Important Guidelines & Reminders," outlining policies and regulations applicable to all people staying at Ananda Ashram. In addition, we thank you for respecting any signs placed inside or outside of our buildings.
2. Please review the general information on our website ([www.anandaashram.org](http://www.anandaashram.org)), including Ashram history, about the programs, the Founder ("Guruji"), etc., so you are familiar with our basic structure and purposes. Also, published writings of the Ashram founder are available in the Gift Shop.
3. You are given the opportunity to experience all the important aspects of Yoga – physical, mental and spiritual – in your daily schedule here: *Dhyana Yoga* or meditation, *Jnana Yoga* through spiritual studies, including various classes and workshops, *Mantra Yoga* through Sanskrit chanting, *Karma Yoga* through dedicated work, *Hatha Yoga* through *asana* and *pranayama* classes, and *Bhakti Yoga* through Kirtan or music and as expressed by your devotion and love.
4. Over the course of your stay, you will receive a basic introduction to the universal teachings of Yoga-Vedanta, both through English readings and discussions as well as by the direct study of the original Sanskrit sources, a specialty of Ananda Ashram.
5. The application of the yogic teachings will be in your agreed upon area of work and through your interaction with others, whether co-workers, senior staff, other students or guests. Know that your contribution is vital for the daily functioning and atmosphere of the Ashram. With a meditative attitude, you will make a true difference while also acquiring valuable new skills.
6. For those staying longer than one or two weeks, we offer a weekly meeting with a mentor (either individually or in a group setting). There you will have an opportunity to share and process experiences, impressions and concerns and receive support and encouragement. If you have any problems or issues relating to any of the points mentioned in this document, please bring this up in the mentoring group meeting or with an individual mentor.

*Dated: June. 1, 2016.*

7. Be aware that the volunteer service program is an independent program not necessarily related to a staff position, unless there is a specific agreement with management in writing.

8. The Ashram is a spiritual center open to people from all cultural backgrounds. We ask you to be considerate of that fact by wearing modest attire when in any public areas. At the pool, proper swim attire is required.

9. Remember to keep appropriate social boundaries. You yourself must know when and where you feel comfortable, and when not. This includes your privilege to withdraw from any conversations that would seem unproductive, unnecessarily distracting from work or study or disparaging to others or the institution. Please read the Anti-Harassment & Anti-Discrimination Policy and the Personal Sovereignty Program and Process.

10. Be assured that Ananda Ashram / the Yoga Society of New York, Inc., does not tolerate any kind of sexual or other form of harassment or discrimination by anyone.

11. It is our strict policy that no health treatments or consultations are to be conducted by anyone in any of the Ashram's guest facilities (including tents, etc.). This refers to all healing modalities: physical, mental or spiritual.

12. You have been advised that the Ashram does not have the facilities and staff to provide medical care. You will find a list with emergency phone numbers and instructions in every building. Especially also note the following:

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#### ON-SITE ASSISTANCE

For help with difficulties encountered while staying at Ananda Ashram, guests and visitors should contact the office: 845.782.5575

For problems and sensitive issues which need immediate assistance, especially when occurring outside of office hours, you may contact the following:

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|-------------------|--------------|
| Alex Dupre        | 954.439.4564 |
| Purnima Dillsaver | 845.783.3789 |
| Donna Carlisi     | 302.396.0903 |
| Scott Moss        | 845.325.8390 |

Anti-Harassment Policy & Anti-Discrimination Policy may be found in the Mail Room of the Main House. For assistance please email: [anandahumanresources@gmail.com](mailto:anandahumanresources@gmail.com)

*For fire, police and medical emergencies, call 911. (The address for the main property is at 13 Sapphire Road and Panini House is at 8 Shadowmere Road.*

Om Shantih

*Dated: June. 1, 2016.*