

Welcome to Parmarth Niketan Ashram

Parmarth Niketan Ashram welcomes you to this divine and heavenly spiritual abode.

To help make this a home for you and to maintain the sanctity and simplicity of ashram life, please abide by these simple guidelines inside the Ashram, the ghat and all of the Ashram premises.

It is our deepest and sincere hope that you feel completely at home at the Ashram!

REGISTRATION UPON ARRIVAL

To make the registration process easier for you when you arrive at the Ashram, foreigners are humbly asked to bring a colour copy of your passport details page, visa to India page and your completed C-Form.

ASHRAM DRESS CODE

To honour the sanctity of Ashram tradition and the saints and sages at the Ashram, everyone is requested to dress properly and modestly at all times, including yoga classes, meal times, morning satsang and evening Ganga Aarti. **Ladies** are requested not to wear shorts, short skirts or sleeveless / revealing tops. **Men** are requested not to wear sleeveless shirts or tank tops. Your shoulders to mid calf should be covered. Thank you for your understanding and cooperation.

FOR PEACE AND QUIET

- Please speak softly in the Reception Office and the waiting area outside of Pujya Swamiji's living quarters.
- Please refrain from playing the radio or music in your rooms.
- Silence should be observed from 10 pm until after breakfast and during meals.

GENERAL GUIDELINES

1. Please help us maintain the beauty of your Home. Please do not pick flowers. Please place all trash in the dustbins which are in various locations throughout the ashram.
2. Please help us conserve Mother Earth's resources – water especially, hot water and electricity. Please make sure all water faucets, hot water geysers, lights, fans, air conditioners and all other electrical items are turned off before leaving your rooms.

3. Alcohol is strictly prohibited at all times both inside and outside the ashram premises. Illicit drugs and tobacco products of all sorts, including cigarettes, cigars, tobacco chew and others are strictly prohibited.
4. Ashram gates close at 9 pm and open at 4 am (closed again between 5 am and 6 am for Morning Universal Prayers at Satsang Hall).
5. Please do not loiter outside of your rooms or anywhere on the Ashram premises after 10 pm. Please be sure to be in your room by 10 pm at the latest. Please try to observe silence or be very, very quiet after 10 pm.
6. Please abstain from uttering any obscenities. If by chance you find yourself thinking of any obscenities, please offer them to Holy Mother Ganga, as She will gracefully carry away all of the negativities laden in your minds and hearts.
7. As we respect the sanctity of this space, we kindly request that no outside yoga, music or other teachers are allowed to provide individual or group lessons inside the Ashram without the permission of the Ashram Administration.
8. Please do not give money, tips or clothes to any of the sevaks. This affects the discipline and management of the Ashram as well as negatively influences the divine, devoted feeling amongst the sevaks. Whatever help you want to give, please donate it to the office, and it will be distributed where it is most needed.
9. Pujya Swamiji is available for Darshan (blessings) immediately after Aarati most evenings (when he is in residence). If you want to be in His presence, you may come immediately after Ganga Aarati to reception and you will be ushered to His garden.
10. We appreciate your input. Before you leave, please complete the Feedback Form. We ask that you write your contact information, especially your email / postal address legibly so that you can continue to stay connected with the Ashram.

Silence is sacred.

The ancient rishis, saints and sages have performed countless years of austerities filling this land with sacred and blissful energies.

Silencing of all your senses will allow for the sacred light to penetrate the very essence of your beings – allowing the divinity within to be realized.