



KAIVALYADHAMA®

Where Yoga tradition and Science meet

100
YEARS

Srimati
Amolakdevi
Tirathram
Gupta

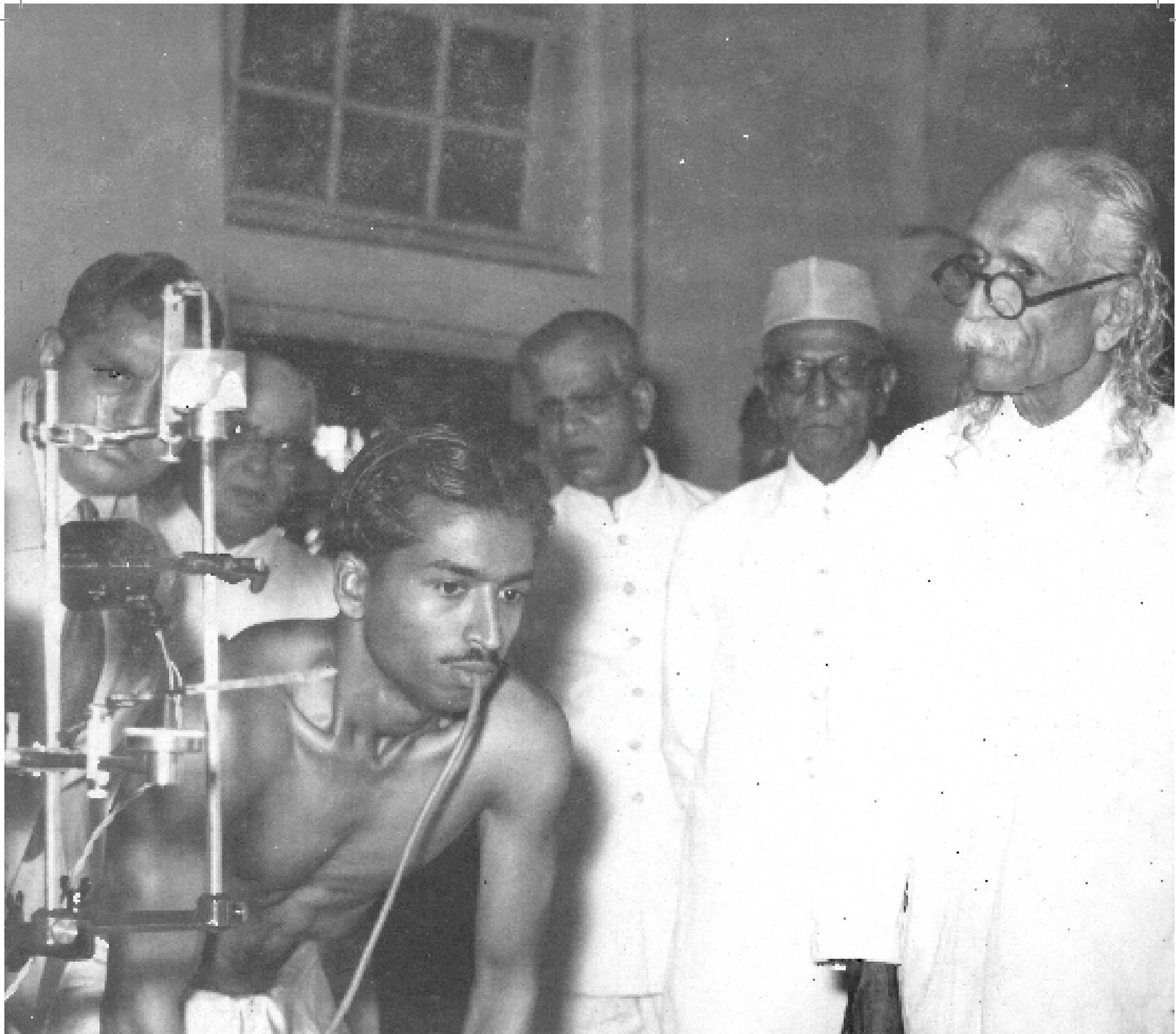
**YOGIC
HOSPITAL &
HEALTH CARE
CENTRE**

GENERAL INFORMATION



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INTRODUCTION TO
**Kaivalyadhama
Yoga Ashram!**



Kaivalyadhama was founded in 1924 by Swami Kuvalayananda and is, today, one of the oldest and foremost scientific yoga research institutes in the world. Inspired by his Guru, Sri Madhavadasji, a master of yoga, coupled with his own innate desire to bridge the gap between the physical and psycho-spiritual aspect of yoga, Swami Kuvalayananda was led down the path of a spiritual journey.

This journey ultimately manifested in the founding of Kaivalyadhama, which has built itself on Swami Kuvalayananda's legacy and mission to bring together traditional yoga with modern science. A great visionary in his own right, Kuvalayanandaji, felt that yoga had the ability to positively transform and heal all elements of a person's life.

Building on the wisdom, knowledge and foundation that Swami Kuvalayananda established, Kaivalyadhama has become a place of spirituality and life transformation for thousands of people that hail from different countries and cultures. To say it is a place where people come simply to practice asanas would do it little justice, as this is just one

small piece of the ashram's pie. Rather, Kaivalyadhama is a place of holistic healing, where there is an emphasis on the scientific aspect of yoga just as much as there is the physical.

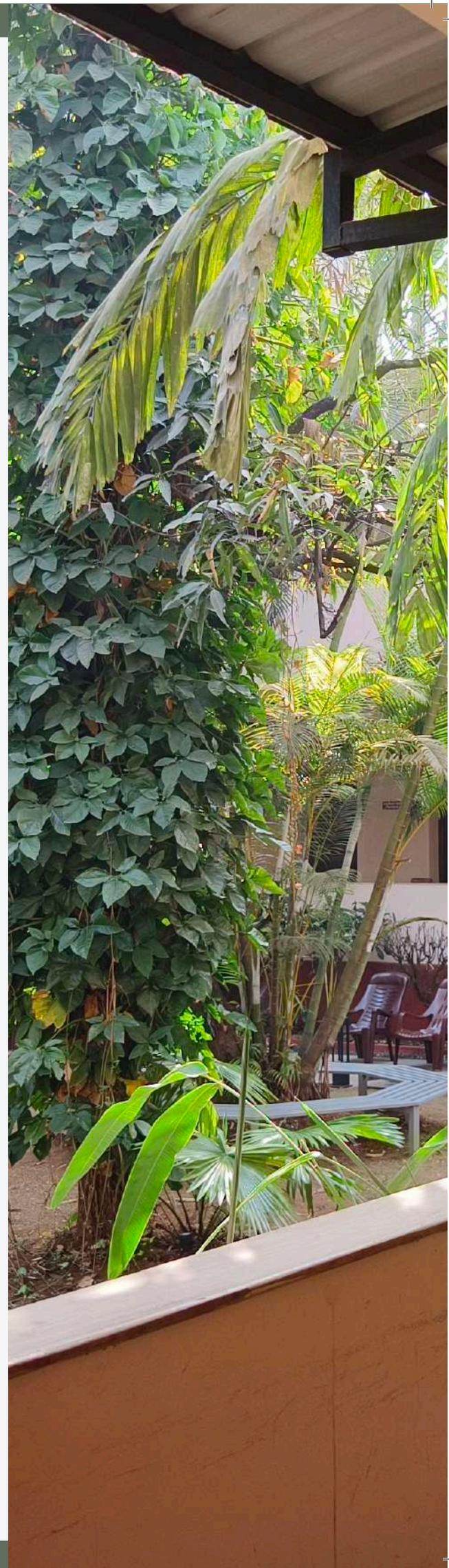
Our headquarters sprawl over one hundred seventy acres of land that is nestled in the foothills of Lonavala, India. The institute has over 13 affiliated centres in 8 countries. Each year, we serve over three thousand participants & students, for both therapeutic & educational purposes.

SUBODH TIWARI,
Hon. Secretary | CEO

Guidelines:

Kaivalyadhama is a place of spiritual growth and development. It is an environment designed to nurture the intellectual curiosity, external and internal awareness as well as the physical health of all its residents. In helping us maintain this atmosphere there is some information we feel is important for you to know upon your arrival. This booklet is intended to serve as your guidebook while here. *Please hold on to it carefully.*

- 1.** We do not consume or prepare any meat, fish nor eggs on the campus and ask our residents not to do so as well.
- 2.** Smoking, alcohol, intoxicants and drugs that are not prescribed by a medical doctor are strictly prohibited from campus grounds.
- 3.** Residents are reminded that they are here not merely to study the ancient discipline of yoga, but also to apply the same discipline and lifestyle to themselves.





4. Please be respectful to others in the ashram by maintaining an environment of quietude. Avoid excessive waste, both material and electric.
5. If you are pleased or displeased with your experience, please relay this feedback accordingly. We are happy to take any constructive criticism as a mechanism to improve.
6. Please abstain from giving tips of any kind. If you would like to donate, we have a staff welfare account where you can make an offering towards any of the staff members. If you would like to donate, please contact our accounts representative, whose information is located in the “Key Contact Section”



Living in **Kaivalyadhama**

Dress Code

We request that you follow the Indian norms of modesty with utmost sincerity. Clothing that is comfortable, light and less revealing is recommended. We ask that women be especially careful not to wear spaghetti or thin strapped tops as well as short dresses around the campus. Men are required to wear a shirt outside of their room.

Meals

You will be provided Breakfast ,Lunch and Dinner,along with light refreshments in Sadapurna, the mess located on the ground floor in the health care block. The meals are all Ayurvedic and “Sattvic” in nature, meaning they are pure vegetarian and are made without any onions or garlic. Residents participating in the Panchkarma Program will have special meals provided for them. There is a schedule provided in this booklet that details the timings of all meals and snacks.

At Kaivalyadhama, we pride ourselves on tradition. An ancient Yogic tradition is to respect the food that you eat and to become one with your meal. In doing so, we request that you use hushed voices in speaking with your others during mealtime. A short prayer will precede all meals. You can locate this prayer at the back of this booklet. If you comfortable, you are invited to participate.

House Keeping

The cleaning of rooms and washrooms are taken care of daily by the Health Centre cleaning staff. You are, however, responsible for making your own beds. If you plan to leave your room before the arrival of the cleaning staff, please ensure that no valuables are left in your room or that they are safely under lock and key.

Laundry

We provide a daily laundry service except Sundays. It is on changeable basis. To request our laundry service, please speak to our reception staff. If you choose to wash your own laundry by hand, we will provide you with a laundry rack to dry your clothes.

Internet Access

Participants can get Wi-Fi access at the Sattva Café on payment basis. If you feel that you will need more frequent internet access you can purchase an internet stick at the local market for your laptop or purchase a data package for your mobile phone. Why not try living without them during your stay.

Illnesses and Health Emergencies

In the event of any unforeseen illnesses and medical emergencies, we have resident doctors on call twenty-four hours a day, seven days a week. Their contact details are provided in the “Key Contacts” section. Kaivalyadhama also has a special arrangement with Sanjivani Medical Foundation, Lonavla, if visitors have any serious medical emergencies.

Transportation

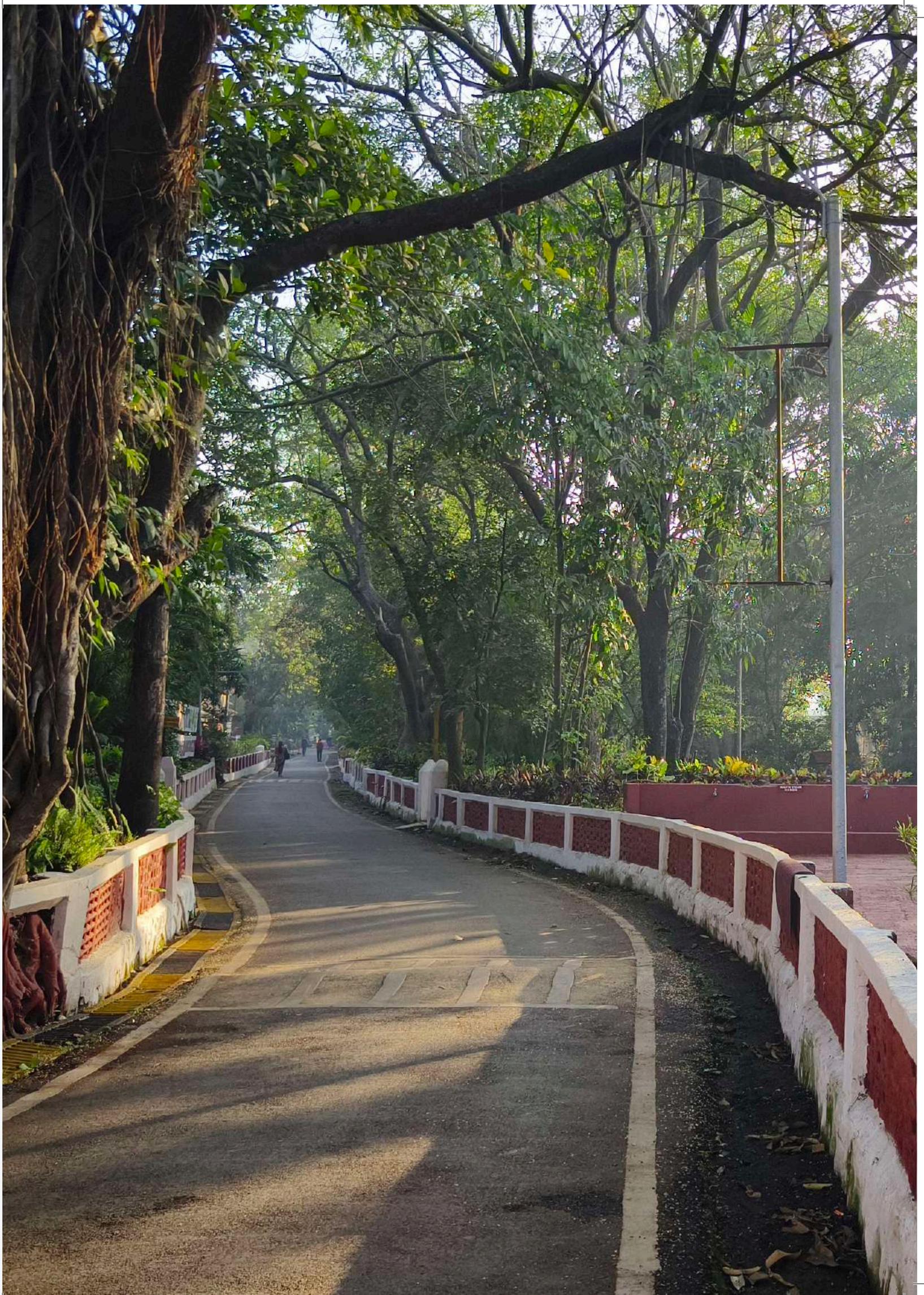
For help with local and long distance travel, please consult the Health Centre Reception Office. Additionally, Kaivalyadhama has a highly trusted relationship with a car service operated by J. K. Travels. We recommend making arrangements with him for long distance travel, such as the airport.

Contact Information

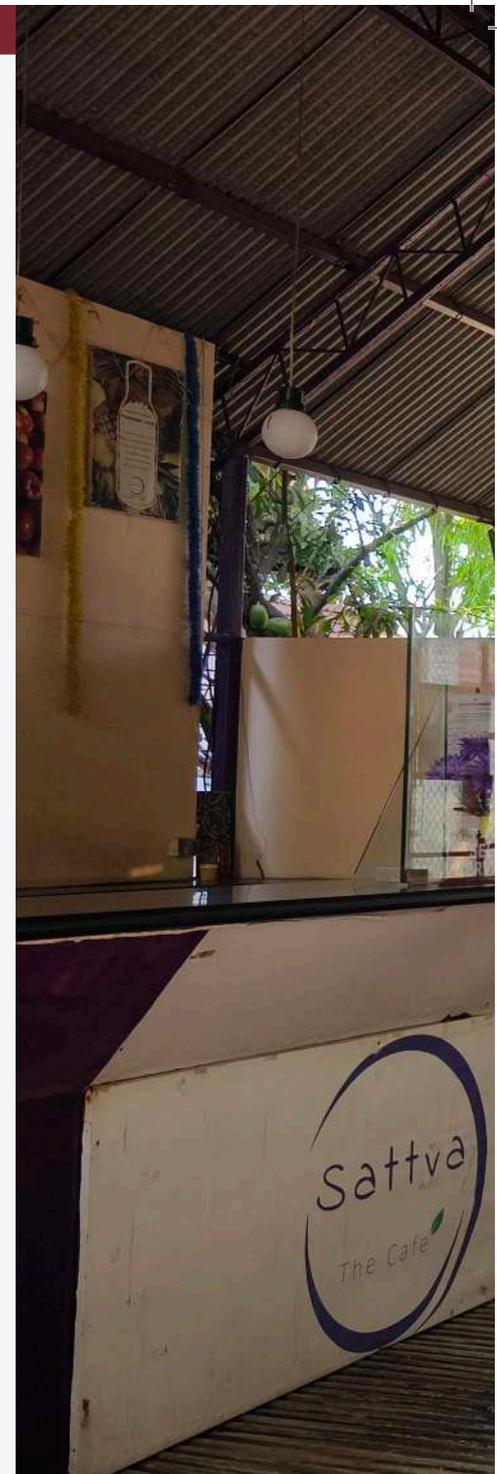
P.: +91 (0) 937 077 90 00 or +91 (0) 992 228 88 42

E.: bookings@jktravels.co.in

Please CC booking@kdham.com for any communication with J. K. Travels.



Our Facilities



Asana & Pranayama Halls

Kaivalyadhama has three main areas where asana classes will be held during your stay with us. They include: Ground floor: **Manan Hall**, the First floor: **Patanjali Asana Hall** and Second floor: **Gorakshanath Asana hall**, of the Health Centre, and **Adinath Asana Hall**. All pranayama classes are held on the first floor of the Health Centre. You will be instructed to attend classes in a specific location depending on the level of asana that is prescribed to you. In addition to instructor led classes, you are welcome to do selfpractice if you are an experienced practitioner. Please consult with reception to get a list of available times that these halls are free.



Corner store

There is a small corner store located directly across the main Health Care Centre Building (“Hospital”). Here, you can buy personal toiletries as well as snacks. You can find a more extensive list of items, along with more popular brand names, in Lonavala’s market if you need them.

Sattva Café

This quaint cafe, located adjacent to the main library. Resident participants in the Naturopathy program will have special juices in sattva cafe after the diet prescription in time suggested.

Utpatti

One of the oldest buildings in Kaivalyadhama, Gul Villa or the Visitor Centre now houses a bookstore of yogic texts, organic skin care products, home goods and yogic art objects. Here, you can also find relevant articles of clothing and yoga mats for your practice.

Libraries

As a visitor of Kaivalyadhama, you will have access to one of the most extensive libraries on Yogic literature in the world. We want you to take advantage of this opportunity! We have two main libraries, with one located at the main entrance next to Sattva Café and the other on the first floor of the Health Centre. But, please note that all library books must be returned to the respective library prior to your departure. A failure to do so will result in additional charges. To rent a book, a refundable deposit of INR 500 is required.

Meditation Pod

Located in the centre of our main garden, the meditation pod (Manan) is open daily for all who wish to take some time out of their day to rest, relax and rejuvenate their mind. Unless otherwise noted on the Health Centre announcement board, the pod is open from 5AM-9PM daily. Please be respectful of your fellow man and maintain cleanliness and quiet ambiance of the area. At the end of this booklet, there is a list of recommended chants/ mantras that can be recited during your practice.





Informational sign or notice posted on a stand near the entrance.

Schedule

Please check the TV display for Announcements in the Health Centre for daily updates

Time	Sunday (Check-in)	Monday-Saturday	Sunday (Check-out)
5:30 - 6:00 AM		Herbal Drink (Sadapurna)	Herbal Drink
6:00 - 6:30 AM		Shuddi Kriyas (Monday HHCC Library)	
6:30 - 7:45 AM		Yoga Asana Abhyas (Therapy/Basic/Advance)	Yoga Asana Abhyas (Therapy/Basic/Advance)
8:00 - 8:30 AM		Breakfast (Sadapurna)	Breakfast (Sadapurna)
8:30 - 12:00 PM		Naturopathy / Ayurveda (Therapies as per slots)	Check out (upto 10:00 AM onwards)
10:30 - 11.15 AM		Dehdharna & Prandharna Classes for Yoga & Relaxation Participants (Patanjali Hall)	
12:00 - 1:00 PM	Check in begins (at 1 PM)	Lunch (Sadapurna)	
1:30 - 5:00 PM	Medical Consultations (Ayurveda 2.30 pm onwards)	Naturopathy / Ayurveda (Therapies as per slots)	
2:30 - 3:30 PM		Herbal Tea (Sadapurna)	
3:30 - 4:15 PM		Dehdharna & Prandharna Classes for Yoga & Relaxation Participants (Patanjali Hall)	
5.00 - 6.00 PM	Orientation Programme	Yoga Asana Abhyas (Therapy/Basic/Advance)	
6:15 - 7:15 PM		Pranayama / Tratak* (As per schedule)	
7:15 - 7:45 PM	Dinner (Sadapurna)	Dinner (Sadapurna)	
8:00 - 9:00 PM		Discussion/Documentary (HHCC Library)	

* The subject of our daily lectures and **documentaries** will also be posted on our TV display for announcements. Your formal introduction along with all lectures/discussions will take place in the Health Care Centre Library.

Medical Consultation

Upon your arrival here, and before commencing a yoga therapy program, it is obligatory to consult with our Resident doctor. They will help prescribe which yoga practices are suitable for you and your particular constitution. The consultation will take place on the day of your arrival.

Participants in the ayurvedic program will consult with our ayurvedic doctor, Dr. Jagadish Bhutada on the day of their arrival.

Participants in the Naturopathy will consult with our Naturopathy Doctor, Dr. Ritu Prasad on the day of their arrival.

Participants in the Yoga Relaxation will consult with our medical officer on the day of their arrival.





After your health consultation with our resident doctor, you will be advised to attend one of several of our different asana classes. While you are not required to attend the class that the doctor prescribes, we highly recommend heeding to his advice as his prescription is based on an assessment of both your health and experience with asanas. Below is additional information on how the courses differ.

Beginner Level: These classes are designed for those students with either no or basic knowledge and exposure to asanas. During this class, you will learn simple postures that improve the overall health of your body and mind as well as increase your general flexibility. In the beginner level classes, you will slowly build on different postures according to your own time and comfort.



Asana Classes

Advanced Level: These classes are designed for those students who are more experienced practitioners of asanas and have had slightly more indepth exposure to Hatha Yoga. During this class, you will build on the basic skills that you have cultivated and go on to learn more difficult and advanced postures.

Yoga Therapy: Catered towards those students who may have physical and general health limitations, these classes are slow and more rhythmical in nature. If you have recently undergone surgery, have bone problems, or health restrictions, these classes will help to increase your flexibility without over extenuating those areas of sensitivity.



Shuddhi Kriyas: According to Hatha Yogic literature, there is a great emphasis on the purification of the body and mind, or Shatkarmas. We also refer to this as Shuddhi Kriyas. The purpose of these cleansing processes is to activate the body's vital organs, specifically the digestive, nervous, respiratory and circulatory systems. Through these processes one's body is more readily prepared for the practice of asanas and pranayama. They are also known to enhance a person's sensory functions as well as cognition. On the Monday morning following your arrival, you will learn two kriyas, Jal Neti and Sutra Neti, which are techniques to clean your nasal cavity with water. Please note: If you are interested in learning additional kriyas please let our reception staff know so that the necessary arrangements can be made.

Pranayama Classes: Pran in Sanskrit refers to energy, or one's life force. Ayam in Sanskrit means to stop/extend. Thus, the focus of Pranayama is to focus specifically on the inhalation, retention, and exhalation of the breath. During our evening sessions, you will be taught several traditional pranayama techniques that derive their lineage from classical Hatha Yoga as well as preparatory practices that will precede the practice.



Pranayama Classes & Kriyas

Things to Remember:

Asana & Pranayama Classes:

1. While practicing asanas and pranayama, remember to wear comfortable clothing that will allow you to have as much mobility as possible during your practice. Articles such as t-shirts, yoga pants, and tracksuits are typically advised. Please do not wear tight elastic bands, shorts with a very tight waistline and jeans
2. One should perform all movements in asanas in a comfortably slow and controlled manner with uniform speed. Avoid jerky and hasty movements.
3. The final position of any asana should be such that it can be maintained for some time without any discomfort and which is within one's physical limitation. In the beginning one may feel a little discomfort while stretching their muscles, but it should not be confused with the pain experienced when one oversteps one's physical limitations.
4. One should breathe normally throughout all practices. In maintaining the final position, one should breathe 5 to 10 times, deeply and slowly, unless told otherwise. One should specifically avoid holding the breath at any stage of the practice as it usually increases tension within the body.
5. In any asana, while moving any part of the body, one should keep the rest of the body relaxed. One should be able to perform asanas effortlessly and in a relaxed manner.
6. During the practice one can keep their eyes closed, with their attention focused on: the correct technique, proper relaxation of the body, continuous breathing and maintenance of the final position for some time.



7. While practicing pranayama one should remember that it is not only concerned with the breath but also with the mind. The technique of selectively controlling the thoracic and abdominal muscles and nostrils, the speed of inhalation and exhalation and the conscious awareness of the breathing technique, all lead to training the mind to increase its concentration power and making it more steady.
8. It is preferable to perform yogic practices after having clean bowels and after having a full-body bath. In the event that you are suffering from constipation, yogic practices can be performed even without having bowel movements.
9. For some yogic practices, the stomach should be absolutely empty while others can be performed with a light stomach (i.e. four hours after a heavy meal, two hours after a light refreshment and half an hour after tea/coffee).
10. One should discontinue yogic practices during the period of acute illness such as fever, severe asthma, diarrhea and major sprains in any part of the body.
11. Women who are menstruating or are pregnant should consult our resident doctor and yoga teachers for advise on what practices they can and cannot perform.
12. Please **do not bring phones** in any session including therapies.
13. Yoga is not merely a system of physical exercise but a complete way of life. It helps person to remain healthy in any adverse condition and to retain his/her mental balance in any difficult situation. These are the essential steps towards a life full of harmony.

Ayurveda

Ayurveda is the sub-Veda of Athrvaveda, which is one of four ancient Hindu scriptures. The word ayurveda means 'the science of life.' It is a complete medical system, which has a unique way of understanding the body as well as also of interpreting and improving one's health. Ayurveda is not a form of medicine in the conventional sense. Rather, it is a holistic science that views the body as a single integrated system, where the soul, body and mind are equally important. It is a curative and preventive form of medicine, that incorporates practices and lifestyle habits that teach us how to protect and sustain our good health

What to Expect:

Each patient enrolled in the Yoga and Ayurveda Programme will attend a consultation with our ayurvedic physician, Dr. Jagdish Bhutada, who will assess your current state of health and what course of treatment is to be adopted. The consultation will take place on the day of your arrival. Our ayurveda team consists of two specialized doctors, Dr. Bhutada and Dr. Gururaj, as well as a team of expert treatment/massage therapists. All male participants will receive treatments from male therapists and all female participants will receive treatments from female therapists.

At Kaivalyadhama, ayurveda-panchakarma programs are offered over a duration of a week or 2/3/4 weeks as required. The Yoga And Ayurveda program is based on detoxification & rejuvenation by a number of Ayurvedic therapies.

The course begins after the medical consultation by a Ayurvedic doctor, according to the condition of patient's body. The all-inclusive cost for these varies as per the type of accommodation required and the duration. The course involves internal lubrication which is carried out to detach the body by any one or a combination of the following procedures:

Vaman (i.e. therapeutic vomiting)

Virechan (i.e. therapeutic purgation)

Nasya (nasal administration)

Basti (enema)

Rakthamaleshan (therapeutic bloodsucking by leeches)



Naturopathy

Naturopathy is a holistic approach to healthcare that emphasizes natural remedies and the body's inherent ability to heal itself. During your initial consultation, a thorough assessment of your medical history, lifestyle, diet, and overall well-being will be conducted. Dr. Ritu Prasad, our experienced Naturopath, aims to understand the root causes of health issues rather than simply addressing symptoms.

Treatment plans are personalized and may include a combination of herbal medicine, nutritional advice, hydrotherapy, mud therapy, and physical therapies like massage or acupuncture. Naturopathy also focuses on prevention by recommending lifestyle changes, stress management, and healthy habits to promote long-term wellness.



While results may take time, the goal of naturopathy is to support your body's natural healing process and improve overall health in a sustainable way. Every treatment plan is unique because naturopathy is about treating the individual, not just the condition. Expect a personalized approach tailored to your specific needs.

Side effects of naturopathic treatments are typically minimal compared to pharmaceutical drugs, though some herbs or supplements may interact with medications. Therefore, it is important to inform your practitioner about any ongoing treatments or prescriptions.

In summary, a Naturopathy Consultation aims to restore balance in the body by addressing both symptoms and underlying causes, offering personalized natural treatment options that support long-term health and wellness.

Programs under Naturopathy:

- **Yoga and Naturopathy**
- **Yoga and Weight Management**
- **Yoga and Pain Management**
- **Yoga and Hormonal Revival (Santulan)**
- **Yoga and Anti-Aging (Ojasya)**

Naturopathy is a natural healing technique using the healing power of nature. The principles of naturopathy are that the accumulation of toxins is the root cause of all diseases. Prevention and Elimination of toxins is the route to health. Treatments are based on the 5 great elements of nature that have immense healing properties.

1. Diet Therapy

In this therapy, the food must be taken in natural form. Fresh seasonal fruits, fresh green leafy vegetables and sprouts are excellent. These diets are broadly classified into 3 types. Eliminative diet, soothing diet, constructive diet.

2. Fasting Therapy

It is an important treatment modality for health preservation. It is primarily the act of willingly abstaining from some or all food, drink or both for a limited period of time. In fasting, mental preparedness is an essential pre-condition, prolonged fasting should be done only under the supervision of a doctor.

3. Mud Therapy

It represents earth and has tremendous impact on the maintenance health and prevention of disease. Mud has the remarkable property of holding moisture for a long time. Which has a cooling effect on the part of the body applied.

4. Hydro Therapy

This explores the therapeutic properties of water. Water has great healing properties and exhibits different properties at different temperatures. The temperatures of the water for any treatments depend on the effect desired.

5. Manipulative Therapy

Massage involves acting on and manipulating the body with pressure. In disease conditions, necessary therapeutic effect can be obtained through specific technique of massage. Massage is a substitute of exercise for those who cannot do the same, the effect of exercise can be derived from massage.

6. Acupuncture

Acupuncture works by using the fine needles painlessly applied to specific points around the body to stimulate channels of energy glow allowing the body to balance itself.

7. Cupping

Cupping therapy is an ancient form of alternative medicine in which a doctor puts special cups on your skin for a few minutes to create suction. People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage



Please note that naturopathy treatments are not available to those participants who have not booked the Yoga and Naturopathy Package in advance of their arrival at Kaivalyadhama.

Things to Remember: Ayurveda & Naturopathy:

1. During your various therapeutic treatments, we advise against wearing good clothing. Please keep in mind that for some therapies, there will be heavy oiling of the body involved.
2. We are providing disposable undergarments for your sessions.
3. If you have received an oil massage of any kind, try to avoid bathing for at least one hour after your treatment.
4. Please bring a towel with you while coming to your treatments.
5. During your medical consultation, inform the doctor if you are on any allopathic medication. Women should inform the doctor if they are on their menstrual cycle.
6. Try to take some time out of your day to meditate and be with yourself. It is especially important to avoid the over excitement and stimulation of the senses.
7. Try to freshen your body and mind by taking walks throughout the day. We recommend once in the morning and once after dinner time.
8. Avoid curd (yoghurt), buttermilk, sprouts, fruits, and raw vegetables during the entire treatment (Panchakarma only).

9. It is preferable that participants consume and bathe with warm/hot water throughout the course of their treatment. Cold water is to be avoided at all costs. Additionally, please limit your exposure to cold air by avoiding the excessive usage of air conditioning (Panchakarma only).
10. Try to rest your body and mind as much as possible. Avoid engaging in unnecessary work that can be attended to after your treatments. As your body will be occupied in a detoxification process, it is incredibly important to facilitate it by having enough energy.
11. Naturopathy Participants would get their juice from sattva cafe.
12. Naturopathy Participants on fruit diet must collect their fruits on time from the decided venue.
13. Naturopathy Participants collect their juice coupons from Accounts.
14. Naturopathy Participants should strictly follow the diet. Overeating should be avoided.
15. Other food stuffs like Tea, coffee, biscuits, bread etc. is avoided for nature cure participants.
16. Heavy or strenuous exercises should be avoided for participants in fruit diet.
17. Mobiles phones during the therapy is not allowed.

1. Indian Etiquette

Indians are very free with the natural rhythms of their body. Certain etiquettes are not considered rude if done in public. From time to time, you may also see people touching each other's feet. This is an expression of how Indians show respect for their elders and in exchange receive their blessings.

2. Cleanliness

If you are visiting anywhere outside of Kaivalyadhama, you might not necessarily find a western toilet and shower. Always try to keep hand sanitizer and sanitized wipes if you are traveling outside of the campus.

3. Traffic

Traffic in India is chaotic, but well regulated. You will come to notice that lanes are virtually invisible and that drivers overtake one another by weaving from both sides of the road. While seat belts are not required for back seat passengers, we highly recommend it. Due to India's immense population, it can be particularly difficult to travel by car/taxi during rush hour, especially in large metropolitan cities.

4. Monsoon

From the beginning of June until early September is monsoon season throughout India. In the state of Maharashtra, especially, the rain has a heavy effect. The rain can continue for days on end before stopping and the air becomes a bit humid. The temperature becomes cool in the evenings as well. The intensity of the rain may also make it difficult for you to leave campus grounds. Be prepared for the weather by bringing the correct gear and a positive state of mind.

5. Electricity

You may experience an occasional power outage, as there is an energy shortage in India. We do have reserve energy supplies that are powered through our generators if there are persistent outages. You may find that the outages become more frequent due to the rain.

6. Tipping

Tipping is not a requirement in India and is completely dependent upon you. If you are pleased with the service you received, we recommend please offer the amount to accounts and take an appropriate receipt. Mention that is for the welfare of the workers.

7. Foreign Exchange

As a foreign national, exchanging foreign currency might be procedural. At Kaivalyadhama, our Accounts Department is also available to exchange money for you, but only upon prior request. Bank/debit cards are a quick way for you to get access to rupees. There are ATMs located all throughout Lonavala and most of India. We recommend using bank ATMS, which we feel are more secure. Some of these banks include: HDFC, ICICI and SBI. All major credit cards (Visa, MasterCard, American Express) are widely accepted throughout India. Credit cards will be accepted with larger vendors, such as hotels, restaurants and commercial malls. Many small businesses within the local market in Lonavala typically take cash only. Taxis typically take cash only. Please check with your credit card/debit card provider to ensure that it will work internationally and what fees are associated with overseas charges.

Incredible India

The following points are pieces of advice for those visiting Kaivalyadhama and India from abroad. They relate to both the ashram and India generally.

8. Water

You may suffer from sensitivity to the local tap water. Thus, unless the local tap water is filtered we do not recommend that you consume it. All drinking water within the Ashram is filtered and is delineated as such. Bottled water is recommended for those with especially sensitive stomachs. If you leave the campus for any reason, please purchase bottled water. In an effort to reduce plastic waste, please try to carry a thermos.

9. Food

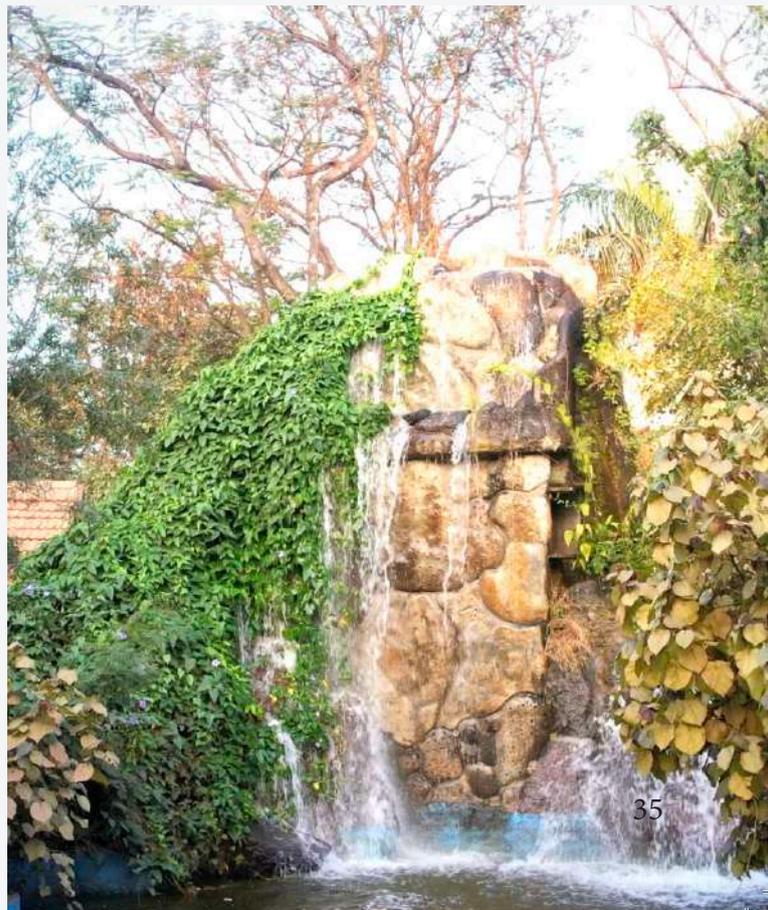
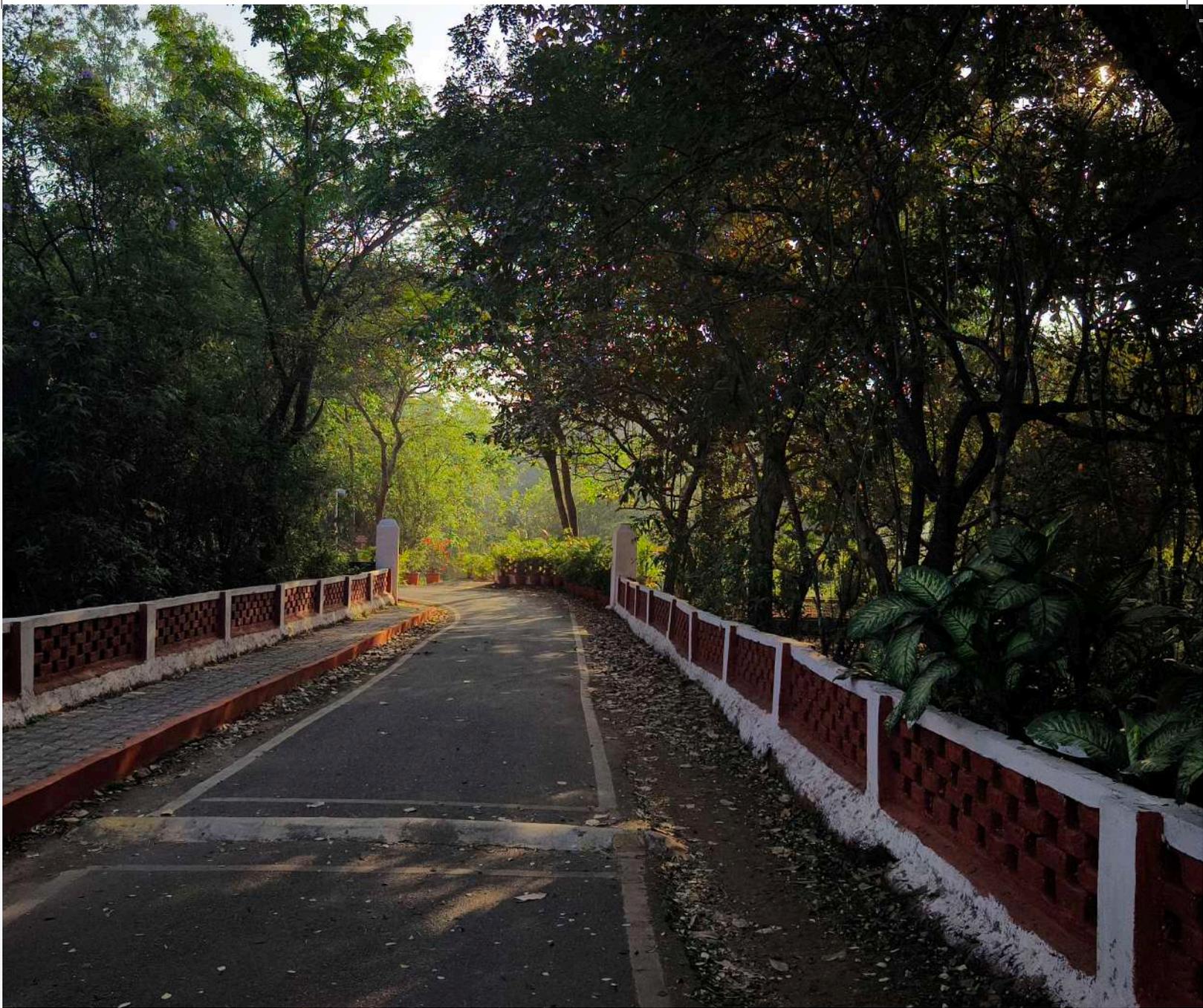
If this is your first visit to India, try to stay away from street food, at least initially. Although all meals will be provided for you within the ashram, one's curiosity will naturally wander towards all the flavors and spices that comprise the famous Indian cuisine. If you do happen to venture out for a meal, try to stick to a local restaurant or hotel. Additionally, if you are averse to spicy foods make this clear to your waiter, as the Indian standard of spicy tends to be richer than most.

10. Mosquitos

Being a tropical country, in India you can face problem of mosquitos. They typically do not pose a large threat but are frequent visitors during the evening and nighttime. You should be prepared for them by wearing mosquito repellent. We will provide you with mosquito pods that plug into the wall. These are also available at either our onsite convenience store or in the Lonavala market should you wish to purchase additional pods.

11. Cell Phones/Phone Service

If you are bringing an international phone please make sure it is unlocked and compatible with a SIM Card. If you are interested in purchasing a local SIM/ mobile phone a member of our staff will assist you in doing so. The Government of India has tight regulations on the sale of prepaid SIM Cards to foreigners. In purchasing one you will need supporting documents that our staff will advise you on.



Your stay in Lonavala

Lonavala is a small hill station tucked in the auroral green of the Sahyadri Mountain Range. Its scenic atmosphere is home to hiking adventures, a shooting hot spot for the Bollywood industry and known for its famous “Chikki,” a sweet dish made from groundnuts and fresh jaggery.

Getting around

It is very easy to get around Lonavala via rickshaw. Kaivalyadhama has a trusted relationship with local rickshaw drivers, who are available to pick you up from the institute’s main gate whenever you would like to leave the campus. Their contact information is provided below:

Gaikwad: 97641 46601

Patil: 88066 89222

Andekar: 99233 60324

Dambe: 98232 17805

Shopping

Lonavala’s primary shopping district is located on Mahatma Gandhi Road. However, simply tell your rickshaw driver to take you to the market and ask them to drop you off near Cooper’s Chikki. In that area, you will find an assortment of clothes, stores for your personal appliances, a large variety of different foods and of course, Chikki. We also recommend the “Triose Centre,” which a small indoor area with lots of great food and a few clothing stores. If you are feeling courageous, you can even catch the latest Bollywood movie in their theater.





Places to Visit

During your free time and days off, you may be interested in taking a local excursion. Most of these places are accessible by rickshaw. If you have any doubts, please liaise with our accommodation representative. A few places we recommend:

Karla Caves: This complex of cave shrines were built by Buddhist monks around the 3rd to 2nd century B.C.

Tiger's Point: This scenic spot sits atop a steep cliff with a six hundred fifty meter drop. Just around the corner from this point is a small waterfall that comes alive only during monsoon season.

Lion's Point: This spot, located between the Bhushi Dam and Amby Valley, is a stellar location to watch Sunsets during the non-monsoon season.

Lohagad Fort: Also known as the Iron Fort, this symbolic landmark was once a battle station for the famous warrior king, Shivaji. A good workout, this 11 kilometer trek uphill will help you de-stress while making you feel like you've gone back in time.

Rajmachi: This small, quant village is home to two forts: Shrivardhan and Manaranjan. This hiking hot spot is home to an area known as Borghat, which was a strategic and highly contested trade route.

Pawna Lake: Located around 15 km from Lonavala, the Pawana Lake is one of the least explored artificial lakes in the vicinity of Pune. Nestled amidst the scenic locales of Kamshet, this lake came into existence after the construction of the Pawana Dam, and now it plays a scenic host for camping, picnics and sightseeing.

Wax Museum : Family-friendly museum featuring lifelike wax replicas of Indian & international celebrities.



Group Photo Sessions

OF OUR HAPPY PARTICIPANTS TAKEN EVERY WEEK



Extra curricular activities & Volunteering

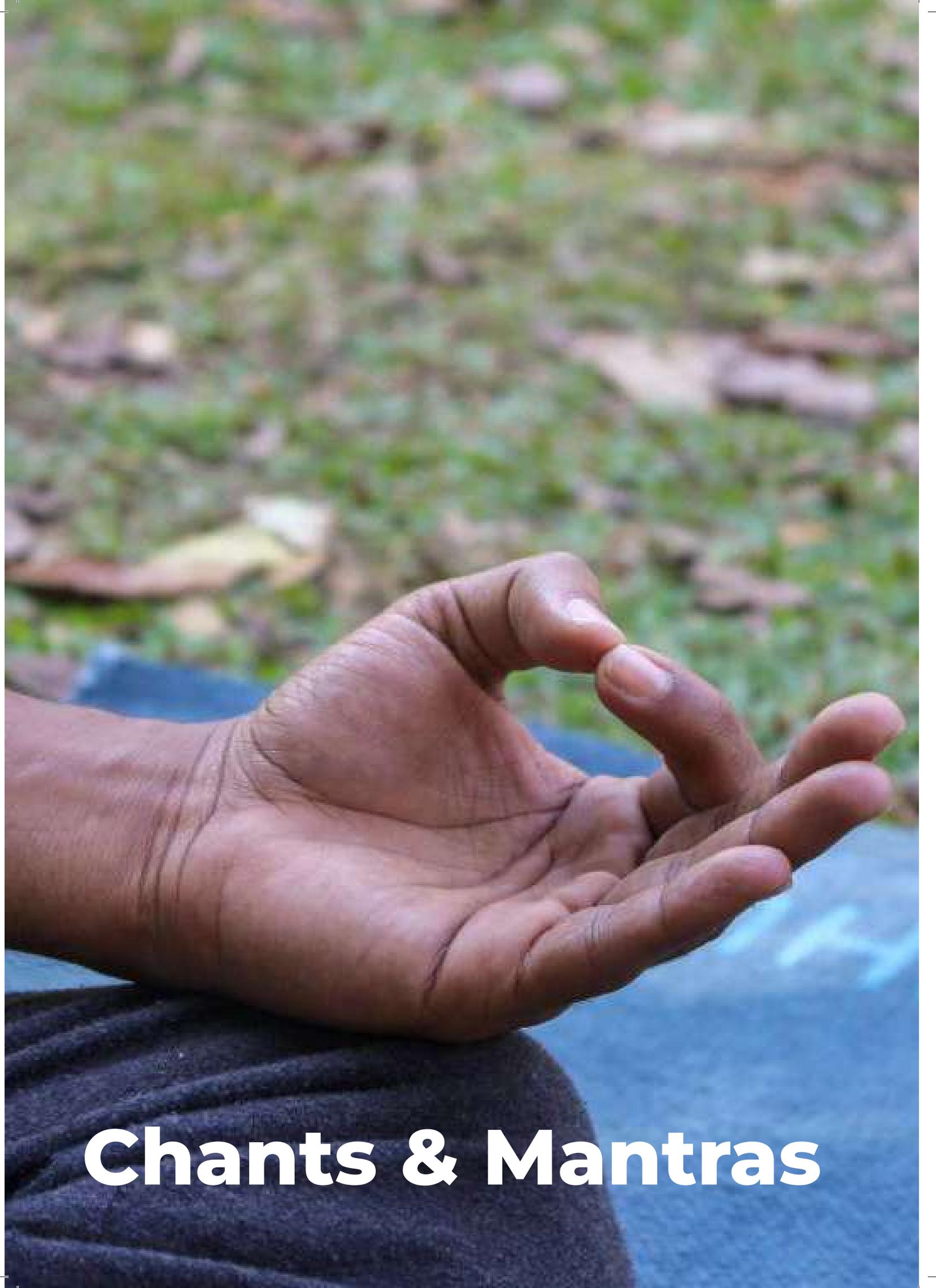


During your free time in between classes or days off you may want to enjoy taking a cooking or even tap into your inner philanthropic self and volunteer. Here are a few ways you can get engaged:

Volunteer Work

We offer many different avenues for students to get involved with the work at Kaivalyadhama. After all, it is the tireless effort our employees that makes your time and stay with us fruitful. Depending on your skills and interests, we can help place you in a department where you would like to contribute your free time and energy. Some of our current volunteers are involved with gardening and working in our dining halls. If you feel that volunteering within the ashram is something that res-onates with you then please contact our accommodation representative who can help you coordinate.





Chants & Mantras

Shanti Path

The Peace Invocation (Om Saha Nāvavatu)

This mantra, which occurs in the Katha and Shvetashvatara Upanishads, emphasizes the importance of a fruitful relationship between the teacher and student. The feeling of togetherness and the unity of purpose enhance the efficacy of their efforts in the pursuit of spiritual knowledge. The desire for having this relationship, free of any discord, arises from the deep humility and unbounded love felt in the presence of the Divine energy within one's own self.

ॐ सह नाववतु । सह नौ भुनक्तु सह वीर्यं करवावहै ।

तेजस्विनावधीतमस्तु । मा विद्विषावहै ।

ॐ शान्तिः शान्तिः शान्तिः ।

Om. Saha Naavavatu. Saha Nau Bhunaktu.

Saha veeryam Karavaavahai.

Tejaswinaavadheetamastu. Maa Vidvishaavahai.

Om. Shaantih. Shaantih. Shaantih.

Om, may we all be protected

May we all be nourished.

May we work together with great energy and vigor.

Let our learning shine bright, without ever becoming dull through our absent mindedness.

Let there be no animosity amongst us.

Om, peace (in me), peace (in nature), peace (in divine forces).

Gayatri Mantra

The Savitru

The Savitru Mantra is one of the most important mantras found in Vedic tradition. It occurs in all the Vedas except Atharva Veda. The first line of the mantra is to remind us that there is one supreme reality that pervades everywhere. The body of the mantra is addressed to Lord Savita, who is represented by the Sun, the starting point of creation. As a divine symbol of Brahman, we meditate on this lustrous, bright light with the hope that its brilliant glow will burn off all the impurities arising out of ignorance. The first line is only chanted once during repeated recitation.

ॐ भूर्भुवः स्वः ।

ॐ तत् सवितुर्वरेण्यं । भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ।

ॐ आपो ज्योती रसोऽमृतं । ब्रह्म भूर्भुवः स्वरोऽम् ।

असावादित्यो ब्रह्म ।

Om Bhoor Bhuvah Swah.

Om Tat Savitur Varenyam. Bhargo Devasya Dheemahi.

Dhiyo Yo Nah Prachodayaat.

Om Aapojyoti Raso'mrutam.

Brahmabhurbhuvah Swaro'm.

Asaavaadityo Brahma.

Om, the infinite Brahman, which pervades the outer, inner and innermost world.

We meditate upon the bright luster of Lord Savita (represented by the orb of the Sun)

May He enlighten our understanding.

Mahāmṛtyumjaya Mantra

Tryambaka

This mantra occurs in the Rigveda (VII, 59, 12) and like the Gayatri Mantra, is regarded with high importance. It is addressed to the Lord Tryambaka, the Lord of three worlds: the outer, the inner and the innermost worlds. In reciting this mantra, the Sadhaka (spiritual aspirant) prays for help, so that the bondage of ignorance and the fear of death disappear. In doing so, the aspirant realizes his true nature, which is the eternal blissful unconditioned consciousness. Often, this mantra is chanted to help one overcome the fear of death, as it leads to a state of awareness beyond birth and death. Customarily, this mantra is chanted after the Gayatri Mantra.n.

ॐ त्र्यंबकं यजमाहे सुगंधिं पुष्टिवर्धनम् ।

उर्वारुकमिव बंधनान्मृत्योर्मुक्षीय मा मृतात् ॥

Om Tryambakam Yajaamahe Sugandhim Pushtivardhanam.

Urvaarukamiva Bandhanaanmrutyormukshiya Maamrutat.

Om, we worship the Lord of all three worlds.

The Lord who permeates everywhere, like a fragrance and gives sustenance to it.

May He detach us from the bondage of death just as a ripe cucumber detaches from its stem.

But, may He not keep us away from immortality

Om Stavana

Written by Late Swami Kuvalayanandaji, this composition describes the spiritual journey of a Sadhaka with the help of Pranava Japa. The Sadhaka is invited to take a plunge into the holy Ganga, which is flowing within himself in the form of a spiritual force. It flows along the path of Sushumna, from the Mooladhara Chakra at the base of the spine to the Sahasrara Chakra at the crown of the head. Through this composition, the Sadhaka is reminded that he can reach the highest point where the identification with the body disappears and one experiences the indescribable bliss emerging out of realization of one's true nature—the nature of all pervading, eternal, unconditioned consciousness. Om Stavana should be chanted in a low tone, unhurried. At the end, the first two lines are repeated in a softer, slower manner.

भृकुटि महल चढ देख पियरे, जागे ज्योति अपारा ॐ

सो ऽहम् सो ऽहम् जपते जपते, पहुँचे दशमे द्वारा ॐ

Bhrukuti Mahala Cadha Dekha Piyaare

Jaage Joyoti Apaaraa Om

So'ham So'ham Japate Japate

Pahunche Dashame Dwaara Om

O dear one, when you rise above the Bhrukuti Mahal (the Ajna Chakra), you will see the inner light of infinite wisdom. Through the constant changing of "That I am," you will reach the entrance of the tenth opening. (The rest nine open towards outside or bahyaakaasa, while the tenth one is known as brahamrandhra is a spiritual opening which opens inwards towards citaakaasa).

मेरूदण्डमे बंकनाल है, उलटी गंग कहावे ॐ
उसी गंगमे सुनलो प्यारे, जो कोई घूसकर न्हावे ॐ

Merudandme Bankanaala Hai

Ulati Ganga Kahaave Om

Usee Gangame Sunalo Pyaare

Jo Koi Ghusakara Nhaave Om

The stream of spiritual consciousness flows in a reverse way from the bottom to the top, through the serpentine spinal cord, situated within the backbone. O dear one, you should plunge yourself into this stream to ascend to higher consciousness.

प्रणवयानसे उंचा चढकर, सुखमनिगढमे जावे ॐ
तनका भान भुलाके वहासे, सो ऽहम् सो ऽहम् गावे ॐ

Pranavayaanase Unchaa Chadhakara

Sukhamanigadhame Jaave Om

Tanakaa Bhaana Bhulaake Vahaase

So'ham So'ham Gaave Om

Using the vehicle of pranava japa, you should ascend higher and higher reaching the top of the susumna patha. There, overcoming the identity of the self with the body, you would find yourself singing with joy: "That I am, That I am."

वहाँसे उँचा बेहद उँचा, ब्रह्मशिखरपै जावे ॐ
ॐ ध्वनीसे चढते चढते, निश्चल घुमरी आवे ॐ

Vahaanse Unchaa Behada Unchaa

Brhmashikharapai Jaave

Om Om Dwanise Chadhate Chadhate

Nichala Ghumari Aave Om

Even higher than that, to the highest peak of experience of Brahman within, reaching there with the sound of Om, you should enjoy the bliss of creative dynamism of all pervading consciousness.

अपने आप, आप अपनेमे, निर्विकल्प निरवाणी ॐ
शिवानंद गुरु केवल चेतन, निजानंद आनंदी ॐ

Apane Aap Aap Apaneme

Nirvikalpa Nirvaani Om

Shivaanandaguru Kevala Chetana

Nijaananda Aanadi Om

You would find yourself spontaneously in a state of indescribable joy, with an experience of blissful pure consciousness. I pay my obeisance to Guru Sivaananda, who has guided me in this experience.

Shanti Path

The Peace Invocation (Om Poornamadah)

This mantra occurs in the Ishavasya and Brihadaranyaka Upanishads. It brings out the idea of one-ness of Jeeva (an individual), Jagat (the world), and Ishwara (God). All these three are the manifestations of the infinite, which remains beyond any measure, definition and description. The Sadhaka, through unwavering Sadhana reaches a state where he experiences oneness of creation. He real-izes the ground reality of oneness behind all the apparent multiplicity and diversity present in the external as well as the internal world. Further, the aspirant also realizes the true nature of his own self as the same all pervading infinite.

ॐ पूर्णमदः पूर्णमदं

पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय

पूर्णमेवावशिष्यते ॥

Om. Poornamadah Poornamidam

Poornaat Poornamudachyate.

Poornasya Poornamaadaaya

Poornamevaavashishyate.

Om, all that is invisible is verily the infinite

All that is visible is also the infinite

The whole universe has come out of the infinite

Whatever is left is still that infinite

Sarve' Tu Sukhinah

Prayer for the Wellbeing of All

At the end of a spiritual session, our heart is filled with deep abiding peace, love and compassion. Out of this, emerges the strong desire to share this feeling with all the beings around us.

सर्वेतु सुखिनः संतु

सर्वे संतु निरामयः ।

सर्वे भद्राणि पश्चन्तु

मकश्चत् दुःख भाग्भवेत् ॥

Sarve Bhavantu Sukhinah

Sarve Santu Niraamayah.

Sarve Bhadraani Pashyanttu

Maa Kashchit Duhkhabhag Bhavet.

May all be happy

May all be free from diseases

May all realize what is auspicious

May none become subject to misery

Bhojanaatpuurvam

Mantra

Prayer Before Eating

A well-known verse from the Bhagavad Gita (Chp. 15, Verse 14), this prayer reminds us of the crucial role that food has in sustaining and nourishing life.

अहं वैश्वानरो भूत्वा प्राणिनां देमाश्रितः ।

प्राणापानसमायुक्तः पचाम्यन्नं चतुर्विधम् ॥ १४ ॥

Aham Vaishva Naro Bhutva

Praninaam Dehamaashritaha

Pranapana Samayuktah

Pachaamyannam Chaturvidham

I am all pervading;

I reside in all beings; in every soul

Please help me combine the energies of Prana and Apana, as a digestive fire to help me digest food in four ways (chewing, sucking, licking and drinking)

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