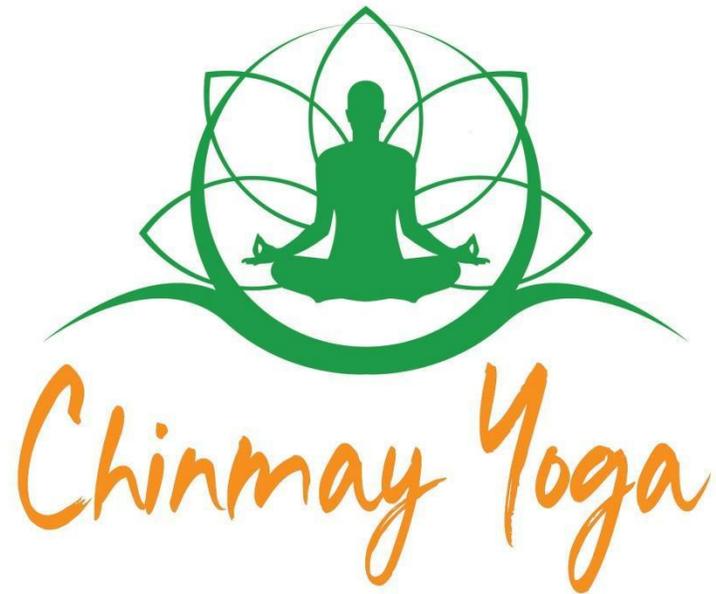


WELCOME TO CHINMAY YOGA SCHOOL



Before you enroll with Chinmay, there are numerous questions which you might have. This PDF is a compiled list of necessary things which would make your journey to Chinmay Yoga School easier. Please go through whole PDF properly

and feel free to ask any questions if you have 😊

1) Location – The address of our school is Forest Hill Residency, Upper Bhagsu, McLeod Ganj, Dharamsala, Himachal Pradesh – 176219



Contact number - +91-6351085712

2) Visa process – Please make sure you apply for **Tourist Visa** instead of **Student Visa** as the procedure for Tourist Visa is very fast and simple. You can get more details about applying from -

<http://indianvisaonline.gov.in/visa/>

3) Reaching Chinmay Yoga – There are three way to reach Chinmay Yoga centre from Delhi (International students will have to take a flight to Delhi first). From Delhi you can take a **flight, bus or train.**

The quicker way to reach Dharamsala is by taking a direct flight (www.makemytrip.com) to Gaggal, Dharamsala airport from Delhi airport (Cost around 5000 to 6000 INR).

The second option is to take a bus to McLeodGanj (Cost around 1200 INR) stop from Delhi bus stop which is at ISBT Kasmiri Gate in Delhi (www.redbus.in).

The third option is to take a train (www.irctc.co.in) to Pathankot from Delhi, and then taking a bus to Dharamsala from Pathankot.

We suggest taking first or second option.

We used to provide a free airport pick up, but because of bus and flight delay issues, students are supposed to reach our center on their own. Below is detailed description on how to reach our center.

Dharamsala bus stop/ McLeod Ganj bus stop/ Gaggal Dharamsala Airport – Take a taxi to Upper Bhagsu. **(Ask the driver to take the car till Magic Tree in Upper Bhagsu)** You will find many taxis standing at outside above mentioned places. They will charge 900 INR from Airport, around 500-600 INR from Dharamsala bus stop and around 200-300 INR from McLeod Ganj bus stop.

Once you reach near Magic Tree, walk around 100-200 meters uphill and you will find this.



Above it the Krishna general store, exactly after this, on the right hand side you will find stairs going uphill as shown below.



Take these stairs and then again take a U-turn and walk for about 50m upwards and you will find this.



This is Tom Thai Restaurant, just before that, there is a right lane, just go there and you will reach here-



Follow this path, climb some stairs, keep following the left curve and you will reach our center as shown below.



Staying extra at the centre – Students can arrive 3 days early and can 3 days more after the YTTC is over. Extra accommodation charges will **be 800 INR per day for single accommodation** (Only single accommodation provided for extra days).

Accommodation for the 200-Hour YTTC course is from 3rd of every month to 27th of the same month. Students need to check out before 12 pm on 27th of the month.

Accommodation for the 300-Hour YTTC course is from 3rd of every month to 1st of next month. Students need to check out before 12 pm on 1st of the next month.



4) Course overview – The course begins with an orientation meeting at 4 pm on 3rd of every month, which is followed by dinner. The course begins from 7 am the next day (4th of every month). The classes are from Monday to Friday and Saturday only morning class. Food (breakfast, lunch and dinner) is provided from Monday to Friday and breakfast on Saturday. Rest of Saturday and Sunday are for self-study and exploring the nearby places. The 200-Hour YTTC course ends on 27th of every month and 1st of the next month for 300-Hour YTTC.

5) More discounts to students - We feel that we should give discounts to our students instead of spending on advertisement. There are two offers we have for you. Both of the offers are optional.

a) Laundry Charges waive off – The laundry charges during the course (3rd to 27th) are 40 USD or 2600 INR. Students don't have to pay any charges if

student writes a review on **Google reviews, Facebook and gives a video testimonial.**

b) Free two days stay - You have to follow us on Instagram and like us on Facebook. After that you need to post about your experience on Facebook and Instagram, tagging Chinmay Yoga on both the platforms. You will also need to share one of our videos to 3 yoga groups on Facebook.



6) Season in Bhagsu, Dharamsala – Our center is located between the mountains where it never gets hot.

The months from mid-March to June are summers where temperature goes to around 25 degrees Celsius in the morning and 10-12 degree Celsius at night.

July to November it's the rainy season where temperature might be between 4-14 degree Celsius in the night and around 15 degrees in the morning.

December to February are winter season where in the temperature goes to -2 degrees. Our Yoga halls have heaters installed, hence temperature is maintained if it gets too cold, we also provide heaters and heating blankets at night if someone feels cold.

7) Things to get – Students are expected to get their own Yoga clothes, towel, warm clothes, jacket/sweater, shoes and socks, warm cap, torch, pen and a

book and white clothes to be worn during orientation meeting and certification ceremony.



8) Reserve your space – To reserve your space, you need to fill the [application form](https://www.chinmayyoga.com/application-form/) from the website (<https://www.chinmayyoga.com/application-form/>) and then make a [payment of 315 USD](https://www.chinmayyoga.com/payment/) (<https://www.chinmayyoga.com/payment/>). Once you complete these two steps, we will send you an email confirmation.

Feel free to ask how many questions you have, we would love to help you guys and make sure you have the best experience at Chinmay Yoga School.

