

# JIVAMUKTI YOGA®

## INTERNATIONAL TEACHER TRAINING 2020

February 1, 2020 – February 28, 2020

📍 Govardhan Eco Village, India

Save your spot NOW with a \$1500 instant deposit!

## Travel

**AIRPORT:** Chhatrapati Shivaji International Airport, Mumbai, India. <http://www.csia.in>

**ARRIVE BY:** February 1, 2020 (11am departure to GEV)

**DEPART:** February 28, 2020 (8am departure from GEV)

In the interest of combating jet lag and accounting for various flight time arrivals into India from your Country of Origin, it is suggested that you may want to arrive a day or two early to Mumbai.

## HOTELS IN MUMBAI

[THE HOTEL LALIT](#) (airport) The Lalit Mumbai Sahar Airport Road Mumbai – 400059 India  
Tel: +91-22-66992222 Fax: +91-22-66998888 <http://www.thelalit.com/hotels-in-mumbai/>

THIS IS WHERE GROUP SHUTTLE TO GEV WILL DEPART FROM ON FEBRUARY 1, 2020

As is standard hotel policy, check-in time is usually 1pm for rooms. If you arrive much earlier and try to check in, you may be charged for an extra day or early check in, you are responsible for all hotel costs.

OTHER HOTEL OPTIONS

[THE LEELA HOTEL](#)

The Hyatt Regency

[Taj Hotel](#) (Colaba, City Center)

[The Oberoi](#)

**\*Please Note: Passport and photos required for International Hotel check-in policy.**

## SHUTTLE & TRANSPORT

**SHUTTLE AND TRANSPORT:** Group shuttle transportation from Mumbai to Govardhan Eco-Village is included in your course fee (at the time listed below).

**February 1st, 2020 at 11am:** There will be a group shuttle bus to Govardhan Eco-Village departing from the Hotel Lalit. Should you decide to stay elsewhere, it is suggested you meet at Hotel Lalit no later than 9am if you are planning to get on the group shuttle bus.

**February 29th at 8am:** Depart the Govardhan Eco-Village. It is strongly suggested to schedule late afternoon flights for departure since it is a 3 hr drive from GEV to the airport. We will provide the group shuttle buses to the airport directly from GEV. The shuttles will also make a stop in Mumbai City Center.

\*\*If you should want to extend your stay, we cannot guarantee availability at GEV after the course. You should plan to depart the Eco-Village and make arrangements to stay on in Mumbai or elsewhere (not at GEV).

**TAXI – airport transportation:** For those of you arriving early and in need of transport upon arrival, it is strongly suggested that you use your hotel shuttle taxi service if available. Most hotels offer their own airport shuttle, please utilize their service and book in advance. Arrival can be daunting so make it easy and safe for yourself.

Hotel Lalit offers a reliable shuttle service, if you decide to stay there, please contact them with your flight information to schedule your pick up in advance.

For those of you staying elsewhere, please see the link below regarding transportation options to Mumbai city center or elsewhere.

<http://www.mumbaiairport.com/transportation.php>

If you need to schedule a private shuttle pickup from Mumbai or Chhitrapati Shivaji Airport to Govardhan Eco-Village please contact: [TT@jivamuktiyoga.com](mailto:TT@jivamuktiyoga.com) to make arrangements. The cost is \$85 USD per person each way and the drive is about 2-3 hrs. (We can only assist with private car bookings for Feb 1 arrival or Feb 28 departure – not at other times)

## VISA AND TRAVEL DOCUMENTS

Passport and Photos are required for all hotels per International Hotel check-in policy including at the Eco-Village

CHECK YOUR NATIONALITY STATUS FOR ENTRANCE TO INDIA AND **GET YOUR VISA!**

It is recommended that you get an E-Tourist Visa.

Compulsory: Please bring two sets of Passport copies (one page with the Photo and the other Visa page) + 3 passport size photographs. There is no facility of getting photographs or xerox near to the Eco Village.

The address to list for your visa application:

Govardhan Eco Village

Galtare, Hamrapur (P.O), Wada (Taluka)

Thane (District) - 421303

Maharashtra, India

Telephone: +91 91672 04666

Contact: Jaru Thakur das

## ACCOMODATION AT GEV

Govardhan Eco-Village is a rural farming community founded on Vedic traditions. It is a sustainable living community and almost all food is grown locally and harvested daily. Housing is simple, comfortable and environmentally friendly. There are electrical outlets in every room, however, please be conscious to bring only what you absolutely need and conserve energy. Each dorm/cottage has attached toilets and rooms have clean bedding provided. We remind you again, it is India and there will be some items of convenience that will not be available.

### **CAMPUS AMENITIES:**

1. Swimming Pool
2. Ayurvedic Treatment & Massage Center
3. Library
4. Temple
5. Gift Shop
6. Laundry: There will be laundry service provided at a small cost, please bring enough clothing to allow for a 48 hrs turnaround time. Reminder: you may want to change some money to pay for this service.
7. WIFI: will be available at Govardhan Ashram, though there is limited access and it can be unreliable at times.

### **RATE INCLUDES:**

1. three vegan meals per day
2. transport to/from Mumbai to GEV
3. Stay at GEV in selected housing option

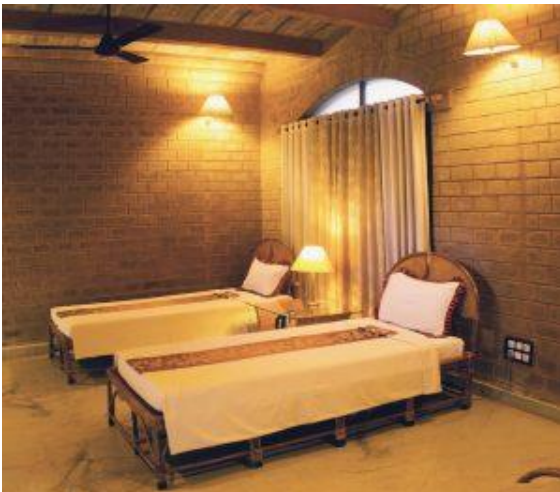
## HOUSING OPTIONS AT GEV

### VRINDAVAN COMMUNAL HOUSE

Housed in two structures near the Yoga Shala. The First structure is a two-storied building incorporating 7500 sq ft area with two staircases, open sky courtyards and 10 rooms – 5 on the ground floor and 5 on the first floor. The bedrooms and bathroom are beautifully appointed with antique fittings and specially handcrafted furniture. Also they have special facilities like clothes drying areas and large space for luggage storage and covered balconies and communal areas. With its own private balconies and courtyards of landscaped gardens, staying at these rooms takes you back in time giving a glimpse of India's rural past. The Second structure is a 950 sq ft structure consisting of two rooms on the ground floor each having the similar sizes and facilities. The 450 sq ft half terrace here acts as a covered hall looking over the magnificent hills and forest, making it a perfect location for group activities or some meditation. The terrace opens up to a pathway connecting to the two buildings and leading to the shala.

Communal House- Private Bath, Double Occupancy

Double are shared rooms with two twin beds and a private bath. They include a shared outdoor balcony area, two ceiling fans, a desk with chair, electric tea kettle, a closet with hangers, shower room and a small room heater. Bed linens, pillow, blanket, and towels are provided. If you do not register with a companion, a roommate of the same gender will be assigned to your room.



### GOKUL KUTIR (SINGLE HOUSING)

20 rooms on ground floor, 25 rooms on first floor. Housed in 2 double storied structures opposite the amenities center, the Single dorms have been custom designed to suit the requirements of western guests. With the view of farmlands

one on one side and mountains on the other, these well ventilated single accommodation rooms offer comfort with privacy. Each room is equipped with a twin bed, a ceiling fan, a desk with chair, electric tea kettle, a closet with hangers, and a small room heater. Bed linens, pillow, blanket, and towels are provided. All the dorms in a floor are centered around a common hall and a courtyard that can serve as a nice sit out area. While one structure has 13 rooms on each floor the second structure comprises of 7 rooms on each floor. Each floor has a bath house with 5 bathroom + toilet combined units. Total of 48 rooms and 20 bathroom + toilet combined units. We make every effort to house guests in single gender areas; however, depending upon enrollment, some dorms may be coed.

#### Gokul Single Rooms— Shared Bath

A Gokul Single is a small private room with one bed and shared bath. They include a ceiling fan, a desk with chair, electric tea kettle, a closet with hangers, and a small room heater. Bed linens, pillow, blanket, and towels are provided. A hall bath located in each area is shared by guests – averaging 2 people per bathroom. We make every effort to house guests in single gender dorm areas; however, depending upon enrollment, some areas may be coed.



#### **BARSANA PRIVATE COTTAGES –**

Silhouetted by the mountain ranges of Sahyadris and the legendary fort of medieval times, the beautiful PRIVATE COTTAGES at Govardhan Ashram are a dreamer's escape, which spell comfort and enchantment. With attached bathrooms and toilets, these two storied cottages are each elegantly appointed with two living rooms and a kitchen. Besides this, each floor has a covered patio or balcony to assure an unhampered view of the foothills of the Kohoj Mountain. Each floor and the rooms have a common hall and gallery for a peaceful and serene ambiance to ensure a worthwhile stay. These cottages are located a short walk up the hill from the main shala.

#### Private Cottage- Private Bath, Double Occupancy

Double Cottage rooms are shared rooms with two twin beds and a private bath within a shared cottage. They include two ceiling fans, a desk with chair, electric tea kettle, a closet with hangers, toilet room, shower room and a small room heater.

Bed linens, pillow, blanket, and towels are provided. If you do not register with a companion, a roommate of the same gender will be assigned to your room.



## LUXE JUNGLE CABINS

Luxe Jungle Cabins, a new addition at the Govardhan Ecovillage, are set in the lush green forest areas of the retreat. Each cabin accommodates two with a personal writing desk, a private wardrobe and an attached shower room and independent cabinet shelves for each person sharing the space. With Canadian pine wood interiors, each bed comes with individual canopies for privacy. The Jungle Luxe Cabins are air-conditioned for the summer months and heated for winters. Enjoy the serene sounds of wilderness sitting on the porch or meditate to the gentle touch of a fresh breeze to calm your soul.



## COSTS

The Jivamukti Yoga Teacher Training tuition fee for the 28 day residential program is \$6550. Accommodation costs vary depending on room type selected at the venue. Those costs generally include full room & board (3 vegan meals per day).

Please register here with NO OBLIGATION to see the various accommodation options:

INDIA 2019: [www.regpacks.com/india2020](http://www.regpacks.com/india2020)

# FACILITIES

## **FACILITIES**

There are electrical outlets in every room, however, please be conscious to bring only what you absolutely need and conserve energy. You are reminded that international converters and/or adaptors (for Asia) might be needed for your electronics. Each dorm/cottage has toilets and showers (either private or shared) rooms have clean bedding provided. We remind you again, it is an ashram, furnishings are simple and there will be some items of convenience that will not be available. There is a small gift shop available onsite for you to purchase certain necessities as well as some clothing and other treats.

## **WIFI and CELL PHONES**

There is limited wifi access available at the Govardhan Eco-Village. If you'll need to get online, it is recommended to bring a hotspot device or enable your cell phone as a hotspot. International SIM cards are available for purchase in Mumbai, however you'll need ID and passport photo to purchase one and it may take several hours time to apply.

Power can sometimes go in and out in India, especially in the mountain villages, though its nothing to worry about (there is a back up generator) the internet can be unreliable. It is recommended you consult with your mobile service provider to select the best plan for yourself while in India should you choose to have one.

## **LAUNDRY**

There is laundry service provided for a fee. Please bring enough clothing to allow for a 48 hrs turnaround time. Laundry fees will be charged to your room, you should cash to pay for these services.

Laundry rates are approx. as follows:

Saree – Rs 70/- each.

T-shirt, shirt, pant, dhoti, kurta – Rs 60/- each.

Undergarments – Rs 50/- each.

Salwar-Kameez, Kurtis, Tops – Rs 50/- each.

Socks – Rs 30/- each.

There are wash basins provided in your rooms, in shared bath areas. We recommend that you bring non-chemical detergents and hand wash your clothing, especially whites. There are ample drying areas and things dry quickly during the day.

## CLOTHING AND CUSTOMS

Steer clear of sleeveless tops, shorts, miniskirts (ankle-length skirts are recommended) and any other skimpy, see-through or tight-fitting clothing. Baggy clothing that hides the contours of your body is the way to go.

Most Indian women wear saris, salwar kameez, or long shorts and a T-shirt whenever swimming in public view.

Indian dress, when done properly, makes a positive impression and is respectful. The salwar kameez is regarded as respectable attire and wearing it will reflect your respect for local dress etiquette. The flowing outfit is also surprisingly cool in the hot weather, and the dupatta (long scarf) worn with it is very handy if you visit a shrine that requires your head to be covered.

Going into public wearing a choli (small tight blouse worn under a sari) or a sari petticoat (which many foreign women mistake for a skirt) is rather like strutting around half dressed – don't do it!

When interacting on a day-to-day basis, adhere to the local practice of not shaking hands. Instead, say namaste – the traditional, respectful Hindu greeting.

## MONTH-LONG CALENDAR

Day	Morning	Afternoon	Evening
Saturday 2/1	Depart to GEV	2:00pm – 6:00pm Check in	7:00pm – 11:00pm Introduction Night Satsang
Sunday 2/2	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Monday 2/3	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Tuesday 2/4	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Wednesday 2/5	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Thursday 2/6	DAY OFF	—	—



<b>Day</b>	<b>Morning</b>	<b>Afternoon</b>	<b>Evening</b>
Friday 2/7	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Saturday 2/8	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Sunday 2/9	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Monday 2/10	DAY OFF	—	—
Tuesday 2/11	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Wednesday 2/12	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Thursday 2/13	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Friday 2/14	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Saturday 2/15	DAY OFF	—	—
Sunday 2/16	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Monday 2/17	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Tuesday 2/18	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Wednesday 2/19	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm

Day	Morning	Afternoon	Evening
Thursday 2/20	DAY OFF	—	—
Friday 2/21	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Saturday 2/22	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Sunday 2/23	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Monday 2/24	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Tuesday 2/25	DAY OFF	—	—
Wednesday 2/26	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Thursday 2/27	8:00am – 12:45pm	2:00pm – 6:00pm	8:00pm – 11:00pm
Friday 2/28	No Scheduled Hours / Departure by 8am	—	—

## WEATHER

Average weather in Mumbai in February – In the mountains at the Eco-Village, the temperatures can be slightly cooler in the evenings.

- 24°C / 75°F
- High Temperature: 30°C / 86°F
- Low Temperature: 18°C / 64°F

## MEDICAL

Though we do not advocate vaccination, you should consult with your doctor and make the best choice for yourself. It is also advisable to travel with records of any medicines you might take in case of emergency. If you are on medications, please bring an ample supply, as it will be very difficult to replace or refill.

Required vaccinations: The only vaccine required by international regulations is yellow fever. Proof of vaccination will only be required if you have visited a country in the yellow fever zone within the six days prior to entering India. If you are travelling to India from Africa or South America, you should check to see if you require proof of vaccination.

[Read more about vaccinations](#)

## CURRENCY

You should take the opportunity to change some money at the airport upon arrival. We suggest around \$200 USD or equivalent in cash to have on hand.

The Indian rupee (Rs) is divided into 100 paise (p), but paise coins are increasingly rare. Coins come in denominations of 5, 10, 20, 25 and 50 paise, and Rs 1, 2 and 5; notes come in Rs 10, 20, 50, 100, 500 and 2000 (this last bill can be hard to change outside banks). The Indian rupee is linked to a basket of currencies and its value is generally stable.

ATMs linked to international networks are common in most towns and cities in India and of course, in Mumbai. However, carry cash or travellers cheques as backup in case the power goes down, the ATM is out of order, or you lose or break your plastic.

\*\*Please note: there is NO ATM access at the Govardhan Eco-Village. Remember, you must present your passport whenever you change currency or travellers cheques. Commission for foreign exchange is becoming increasingly rare; if it is charged, the fee is nominal.