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MADONNA

## YOGA DIWALI INDIA FREQUENTLY ASKED QUESTIONS

### IS AIRFARE INCLUDED?

No. Airfare is not included. Retreat participants are responsible for arranging and paying for their airfare and transportation to and from Sri Ram Ashram.

### WHAT AIRPORT SHOULD I FLY INTO, AND WILL TRANSPORTATION BE PROVIDED?

You will fly into Dehradun Airport (DED- Jolly Grant) and take a taxi (one hour) to Sri Ram Ashram. Other options include flying into Indira Gandhi International Airport (DEL) in Delhi and taking a taxi to Sri Ram Ashram (5 hours). Retreat participants are responsible for arranging their own transportation, however, we are happy to provide guidance and recommendations to help with your travel planning.

### IS TRAVEL MEDICAL INSURANCE REQUIRED?

Yes, travel medical insurance is required.

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Travel insurance is recommended but not required.

### DO I NEED A VISA TO TRAVEL TO INDIA?

A visa is required to enter India. We are happy to provide guidance on how to obtain a visa once you are fully registered for the program.

### DO I NEED ANY VACCINATIONS BEFORE TRAVELING TO INDIA?

Please discuss immunizations with your healthcare provider. If you choose to get immunizations, it's best to do so at least two weeks before departure.

### IS INTERNET AND CELL PHONE SERVICE AVAILABLE AT SRI RAM ASHRAM?

Wifi is available at the Ashram but can be spotty. Check with your mobile carrier regarding cell coverage. There is a phone at the Ashram for emergency use.

### WHERE WILL WE BE STAYING? WHAT ARE THE ACCOMMODATIONS LIKE?

Sri Ram Ashram offers centrally located rooms in a three-story guest house. Most rooms are double occupancy with an attached bath. The rooms are simple, clean and comfortable. Linen and towels are provided.

### WILL I HAVE A PRIVATE OR SHARED ROOM?

Rooms are shared (double) with an attached bathroom. You may request a private room, but there is no guarantee that one will be provided. You may request a roommate.

### WILL THERE BE LAUNDRY FACILITIES?

A laundry service will be available, with a three-day turnaround.

### ARE MEALS INCLUDED? WHAT KIND OF FOOD WILL BE PROVIDED?

All meals, except lunch on the day we go to Rishikesh, are included. Meals are vegetarian, fresh, and healthy.

### I HAVE DIETARY RESTRICTIONS. CAN THEY BE ACCOMMODATED?

Most dietary restrictions can be accommodated. We may not be able to accommodate some severe allergies.

### IS SAFE DRINKING WATER AVAILABLE?

Yes. Safe, filtered drinking water is available at Sri Ram Ashram.

### WHAT CULTURAL EXPERIENCES ARE INCLUDED IN THE ITINERARY?

You will visit villages and temples, learn about Indian customs and traditions, and celebrate India's vibrant festival season with the children and staff of Sri Ram Ashram.

#### IS THIS TRIP SUITABLE FOR ALL LEVELS OF YOGA PRACTITIONERS?

Yes, this trip is suitable for all levels of yoga practitioners.

#### IS THIS TRIP SUITABLE FOR INDIVIDUALS WITH PHYSICAL LIMITATIONS?

The activities on this trip – including simple hikes and walking up steps – necessitate that one be in good health and able to engage in moderate physical activity.

While we can offer alternative options, please understand that excursions may not be able to accommodate certain disabilities.

#### HOW DO I SIGN UP?

Begin your journey by registering and paying the deposit.

#### CONTACT INFORMATION

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