

# E-HANDBOOK



**A COMPLETE GUIDE TO YOUR YOGIC JOURNEY WITH ADHIROHA**



Delve into our Ashram's offerings, including activities, training program, food options, and travel guidance, from enrolment to course completion. Gain a thorough understanding to maximize your experience with us. Explore the comprehensive details provided to ensure a smooth and fulfilling journey throughout your time at our Ashram. This handbook serves as your essential companion, providing insights and information every step of the way.

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# WELCOME TO ADHIROHA

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## Aum Namaha Shivaya!

We are a group of spiritual teachers and practitioners dedicated to preserving and sharing the traditional wisdom of Indian yogis, passed down through generations from our revered Gurus.

True yoga, a profound practice of consciousness, bliss, and peace, is often reduced to mere fitness routines today. While modern practices are beneficial, they miss the depth of ancient teachings. For serious seekers wanting to explore yoga in its purest form, finding genuine guidance is challenging.

We aim to be your guides on this journey, not as awakened teachers, but as mentors helping you navigate the path of yoga. We offer a holistic view of yoga, teaching its core principles rather than just specific styles. This approach empowers you to create your own practice based on your needs and creativity.

Adhiroha is a Yoga Teacher Training School that goes beyond the traditional notions of a training program. It aims to provide an experience that connects individuals with their true selves and the universal principles of simplicity, flexibility, and diversity.



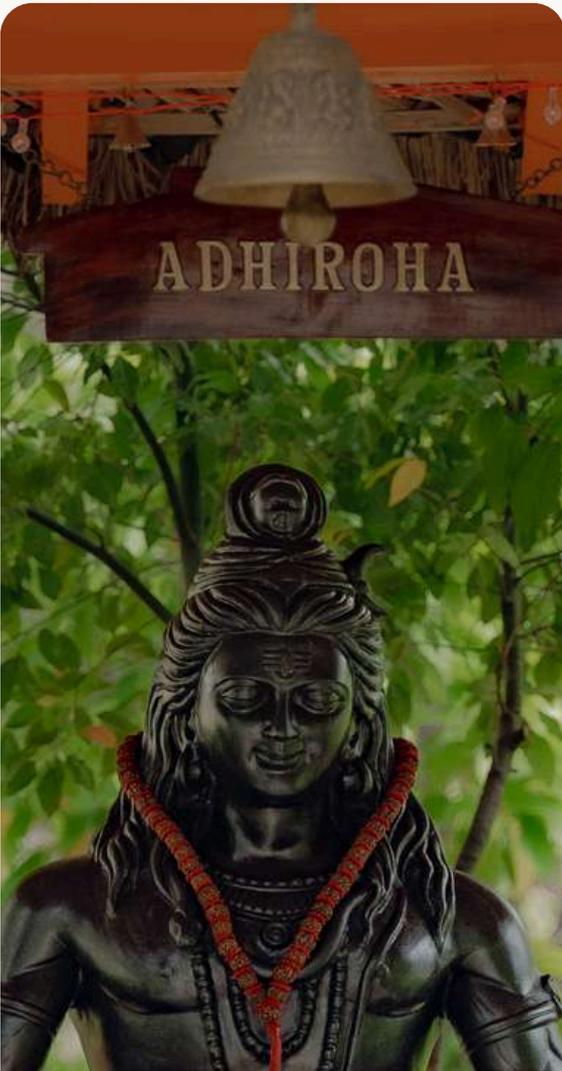
Joining our international community and undergoing intensive spiritual training can be a life-transforming experience. Inspired by the Supreme Yogi, Lord Shiva, Adhiroha spreads

Yoga's wisdom worldwide, offering an enriching experience that reminds individuals of attainable peace and self-realisation through Yoga practice.



# ASHRAM

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An ashram is a place to recharge your spiritual energy, away from the distractions of daily life. In this secluded space, surrounded by like-minded people, you can take a break from societal pressures, habits, and obligations.



It's an opportunity to question your life's direction and purpose, asking: What am I doing with my life? Why? What do I want? What is the purpose of life? The answers to these questions come from within.



## OUR LOCATION

Adhiroha rests in the bosom of Indian place, extremely prominent for their widespread Yogic culture and environment - Rishikesh. We assure you to provide an environment that is equally perfect and fulfilling for the experience you are about to embark on.



The serene tranquility of the Himalayan mountains and the Divine Energy of the Holy river - Ganga Ji, can be felt in the aloof Ashram located in the Upper Tapovan in Rishikesh.

Ashram Located on 3  
Acres of Forested Land  
Surrounded by  
Mountains  
Designed with Natural  
Elements  
Mountain Brook Flows  
Through The Property  
Serene Environment -  
Escape the chaos of city  
life  
Wide Range of  
Exceptional Amenities

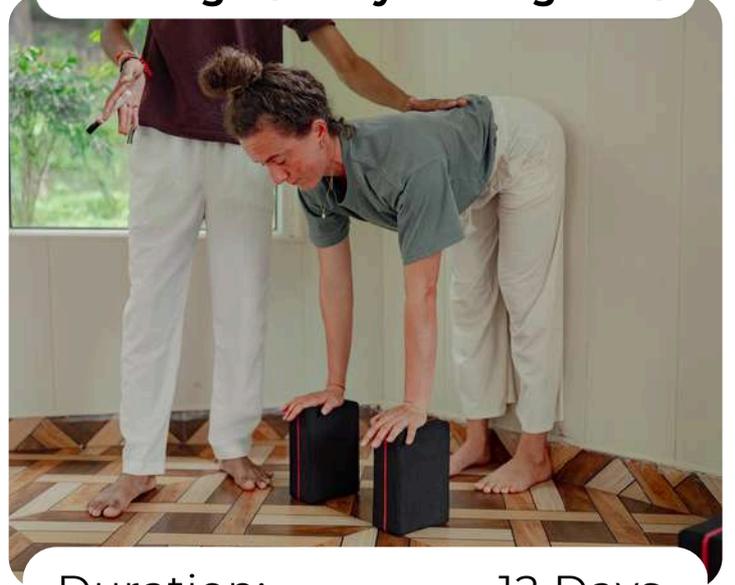


## Our Specialized Teacher Training Courses

Join our 12-day Specialized Yoga Teacher Training in Rishikesh, the heart of yoga. Immerse in intensive courses to deepen your practice and teaching skills in just two weeks.

Select from Pranayama & Meditation, Hatha & Yin Yoga, or Ashtanga & Alignment Yoga. Each path is crafted for mastery, empowering you to guide others confidently.

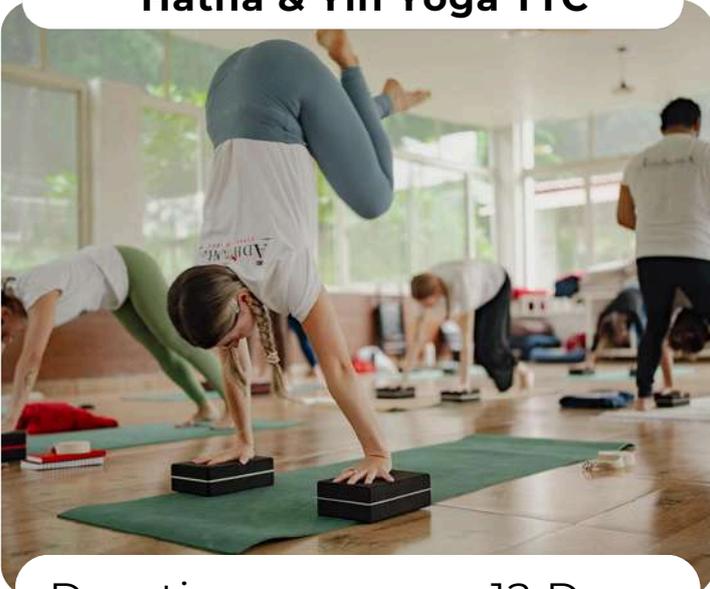
### Ashtanga & Vinyasa Yoga TTC



Duration: 12 Days

Schedule: 3rd to 14th of Every Month

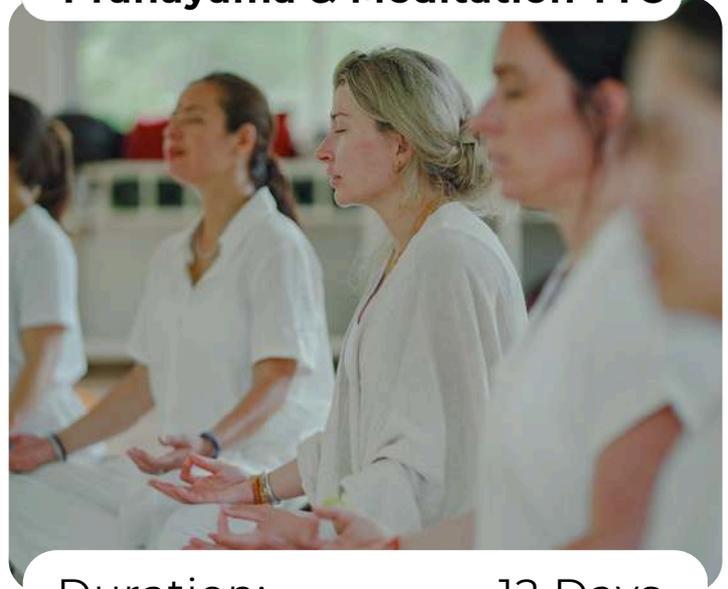
### Hatha & Yin Yoga TTC



Duration: 12 Days

Schedule: 3rd to 14th of Every Month

### Pranayama & Meditation TTC



Duration: 12 Days

Schedule: 15th to 26th of Every Month

**VISIT [ADHIROHA.COM](https://adhiroha.com) FOR COMPLETE DETAILS ABOUT THE COURSES.**

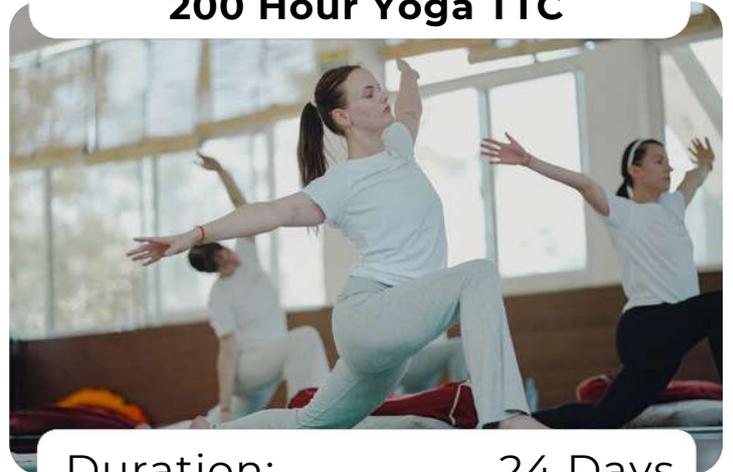


## General Yoga Teacher Training Courses

Delve into the timeless wisdom of yoga and transform your life through our comprehensive courses of 200 Hour, 300 Hour, and 500 Hour Yoga Teacher Training.

Beyond certification, you'll embark on a profound journey of self-discovery, fostering a deeper connection with your inner self.

### 200 Hour Yoga TTC



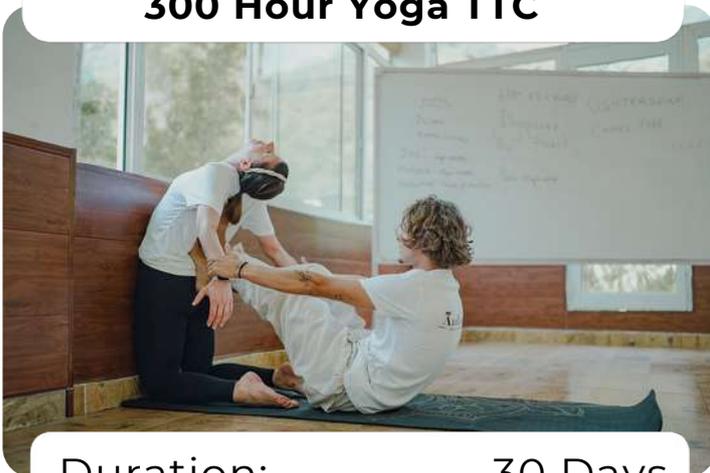
Duration: 24 Days

Triple Sharing: €1275

Double Sharing: €1650

**Scheduled 1st of Every Month**

### 300 Hour Yoga TTC



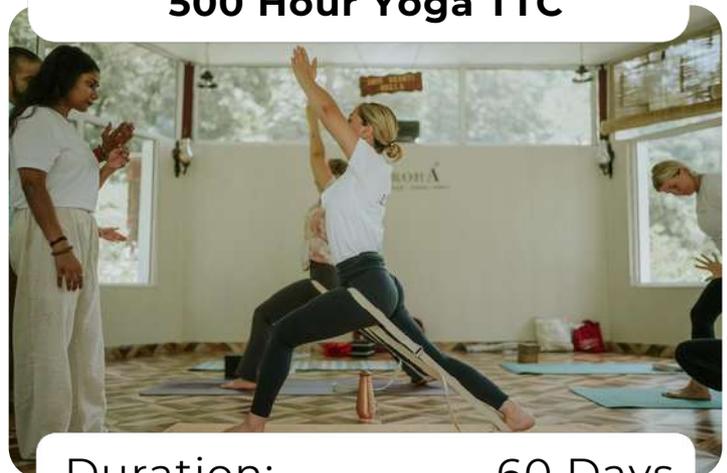
Duration: 30 Days

Triple Sharing: €1500

Double Sharing: €2000

**Scheduled 1st of Every Month**

### 500 Hour Yoga TTC



Duration: 60 Days

Triple Sharing: €2790

Double Sharing: €3690

**Scheduled 1st of Every Month**

**VISIT [ADHIROHA.COM](http://ADHIROHA.COM) FOR COMPLETE DETAILS ABOUT THE COURSES.**



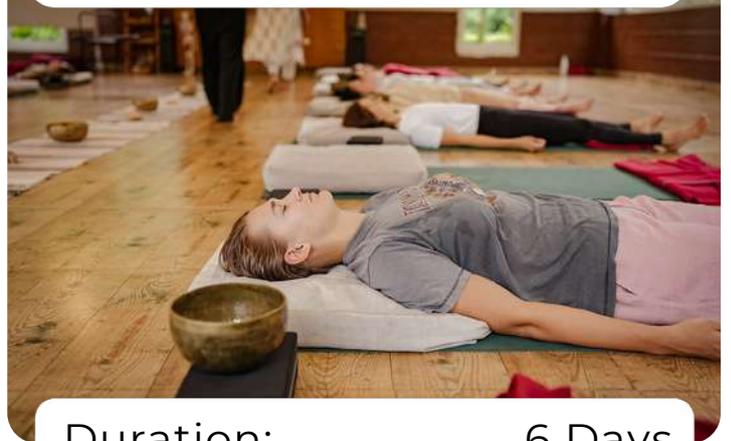
## Our 6 Days Courses & Retreat

We conduct every month from the 24th 6-day short courses in Rishikesh.

Our programs include a Customized Yoga and Ayurveda Wellness Retreat, and a Sound Healing Teacher Training.

Each course combines authentic practices with personalized guidance to nurture the body, mind, and spirit.

### Sound Healing TTC



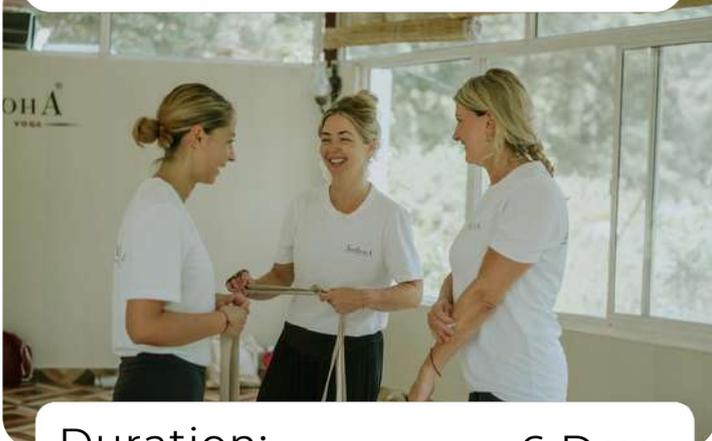
Duration: 6 Days

Triple Sharing: €690

Double Sharing: €795

**Scheduled 24th of Every Month**

### Yoga & Ayurveda Wellness Retreat



Duration: 6 Days

Triple Sharing: €510

Double Sharing: €660

**Scheduled 24th of Every Month**



**VISIT [ADHIROHA.COM](http://ADHIROHA.COM) FOR COMPLETE DETAILS ABOUT THE COURSES.**

## ACCOMMODATION OPTIONS TO CHOOSE FROM

Experience premium student living with breathtaking mountain views! Our spacious rooms come with ensuite washrooms and 24/7 hot water for your comfort.

Choose between Triple Sharing (3 students per room) or Double Sharing (2 students per room) options to suit your preference.



Double Sharing



Triple Sharing

### Inclusions

- Beds with comfortable mattresses, white linens & pillows, quilts, and blankets
- Regularly changed clean bed sheets.
- Reading table and chair, lockable wardrobes
- Mosquito repellent pods are available.
- Bathrooms with western toilets, showers, sinks, and mirrors
- Solar hot water for warmth
- Toilet paper roll & Hand wash liquid soap
- 24/7 power supply with voltage control and backup generator
- Universal plug points for charging any gadget

## DOUBLE SHARING



## TRIPLE SHARING





## YOGA SHALA

Experience the practice of Yoga in our spacious and well-ventilated Shala, boasting stunning 360° views of the forests and mountains. Immerse yourself in the tranquility of our exceptional Yoga space for a truly transformative experience.

Our Shala's are fully equipped with all necessary Yoga accessories and modern amenities, providing a smart classroom environment.

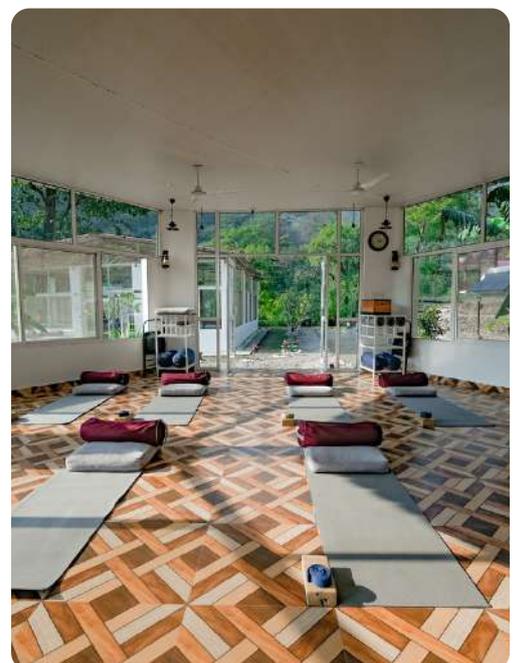
## INCLUSIONS

- Yoga Mats
- Blocks
- Chairs
- Belts
- Blankets
- Bolsters & Cushions

All props are sanitised before the program begins. Sanitisers are available in the Shala to maintain the hygiene of the students.



**Rudra Shala**



**Shiv Shakti Shala**

# SATVIK AYURVEDIC FOOD

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We provide healthy, nutritious, Satvik & Ayurvedic, vegetarian meals with a touch of Indian flavor.

Gluten-free students can enjoy our salads, vegetable dishes, rice and millets chapatis. For lactose-intolerant individuals, we provide a variety of food choices. Specific milk or dairy products can be arranged at an additional cost. All meals are served buffet-style, allowing you to eat to your heart's content. The Food menu keeps on changing every week.

## BREAKFAST MENU

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Fresh Fruits, Juices/Smoothie, Cornflakes, Porridge/Oats, Indian Dish, Bread, Butter, Jam and Herbal Tea.

## LUNCH MENU

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Lentils, Vegetable, Sprouts/Salad, Curd  
Rice and Chapati (Indian Bread)

## DINNER MENU

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Dinner Menu: Steamed Veggies, Indian Curry Dish, Salad, Rice and Chapati (Indian Bread)

Our food menu is crafted by an Ayurvedic professional, considering the nutritional needs of yoga practitioners and the intensity of the course.

## STILL STARVING?

We recommend keeping nuts and seeds from the market to add to your meals for extra health and nutrients. On request, we can arrange from the nearby organic store at an actual costs.

## DRINKING WATER

We provide filtered drinking water, along with daily detox water available throughout the day.



## OUR YOGA INSTRUCTORS



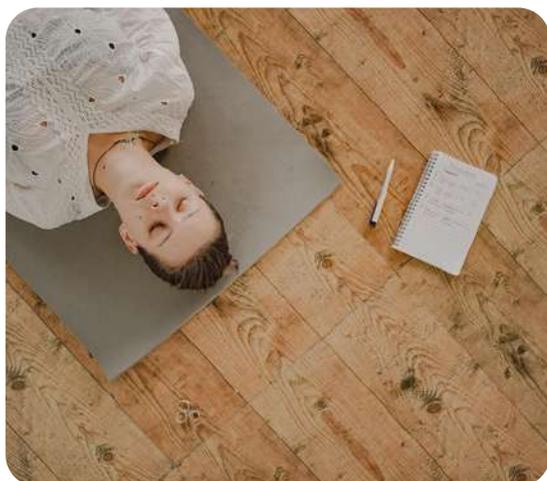
Our team members are meticulously chosen for their extensive training, authentic lineage, and years of teaching experience. Our Yoga Acharyas have a minimum of 9 to 15 years of experience and hold Master's degrees. One of the finest team of yoga teachers we have on board at Adhiroha.

## WELCOME KIT FOR EVERY TTC STUDENT

- Course Manual
- Note Book
- Pen
- Adhiroha T-Shirt
- Bag
- Japa Mala
- Jal Neti Pot
- Sutra Net
- Laundry Bag



## DAILY SCHEDULE

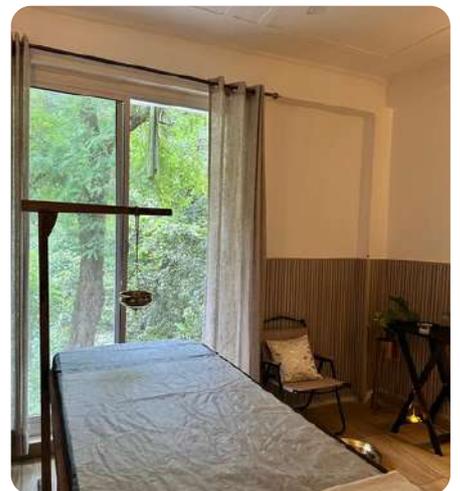


Our day start at 5:45 and run until 19:30. You'll have a 15-minute break after each class, a 45-minute breakfast break, and a 120-minute lunch break is in the schedule.

## IN-HOUSE CAFE & AYURVEDIC MASSAGE CENTRE

Our in-house café offers a peaceful space to nourish your body and mind with wholesome food and refreshing drinks. Seating adjacent to the river.

Our massage centre provides relaxing therapies to rejuvenate both body and soul, creating a complete wellness experience alongside your yoga practice.



## YTTC COURSE INCLUSIONS

Accommodation on Sharing basis,  
All Meals, Training & Certification,  
Welcome Kit, Excursions & Pickup  
from Dehradun Airport



Welcome Kit



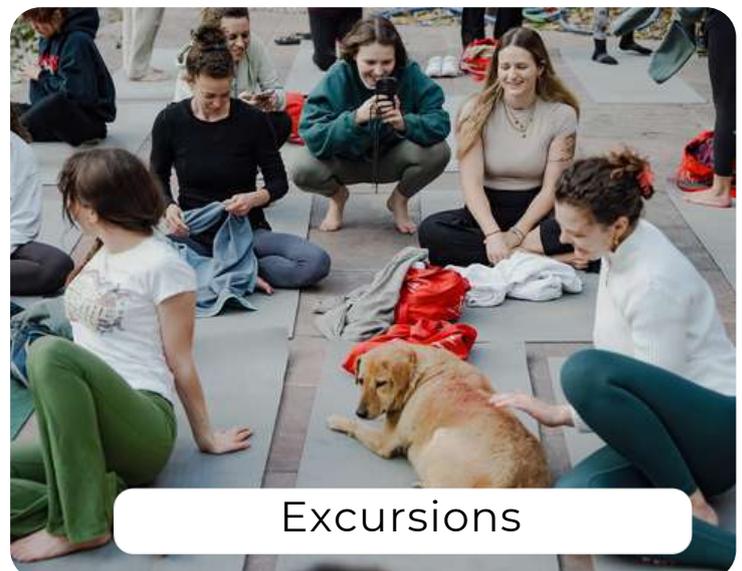
Accommodation



Satvik Food



Certification



Excursions

# COURSE ACTIVITIES

## Excursions Each Month



## Sound Healing Sessions



## Outdoor Classes in Nature



## ★★★★★ 4.9/5 Ratings on Google

We take pride in creating life-changing experiences for yogis from around the world. With a 4.9/5 Google rating, our students consistently praise the quality of teaching, serene environment, and transformative journey.



**Justine Terrasse**

4 reviews · 12 photos



★★★★★ 5 months ago

Aum namaha shivaya 🙏

I had a great stay at Adhiroha. The place is beautiful, well maintained and the staff are always smiling and helpful. I was made to feel very welcome, and likewise throughout my stay. I did the 200-hour yoga teacher training course with very high quality teachers who taught me a lot! So I thank them too. Adhiroha is uptown, so it's closer to nature. It's much quieter than in the city center, restful and soothing. I was able to see a lot of animals like peacocks, monkeys, squirrels and many other birds! There's a nice waterfall not far from the ashram!

I 100% recommend this place for training. I think it's the best yoga school in rishikesh !!

Rooms: 5/5 | Service: 5/5 | Location: 5/5



**Aleksandra Kordialik**

Local Guide · 83 reviews · 12 photos



★★★★★ 6 months ago

Holiday | Solo

I just completed my 200 hours YTTC. What a wonderful place! If you want to learn authentic yoga, learn discipline and live in beautiful nature, don't hesitate to come to Adhiroha. The teachers are the best, staff is amazing, food incredible, rooms very well equipped and clean. Simply amazing!

Rooms: 5/5 | Service: 5/5 | Location: 5/5



**Meli perez**

Local Guide · 24 reviews · 39 photos



★★★★★ 4 months ago

I came for the Sound Healing course, and it truly was much more than I expected; it exceeded my expectations.

The course was approached in a profound and spiritual way. Thanks to Megha for her depth, wisdom, and love throughout the classes. I have learned not only how to heal others but also a path to healing myself.

Rooms: 5/5 | Service: 5/5 | Location: 5/5

## NATURE'S HARMONY: WHERE WILDLIFE AND TRANQUILITY UNITE

A serene place where you'll wake up to the melodious chirping of birds, gentle streams flowing through the property, and an environment that is a natural home to monkeys, deer, and peacocks.



## NOT INCLUDED IN COURSE FEES

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### LAUNDRY FACILITY

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Laundry service is available for a nominal fee. We partner with a vendor who collects your clothes and delivers them the next day.

### MEDICAL ASSISTANCE

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General medicines are available in the ashram. Specific medications can be arranged from a nearby pharmacy at cost.

If a student falls ill and needs to see a doctor, we will arrange transport to a nearby clinic or hospital. All medical expenses are the student's responsibility. We strongly encourage obtaining travel insurance before coming to India.



## PREPARING FOR SUCCESS: ESSENTIAL TIPS FOR YOGA TEACHER TRAINING

Yoga Teacher Training is a rigorous professional course for both students and teachers. We assess attendance, participation, and teaching knowledge and skills before certifying students as professional yoga teachers.



The course is physically and mentally demanding. Many students struggle with the intensive schedule, often due to psychological rather than physical tiredness. It's important to prepare the body and mind with regular yoga practice beforehand, maintain a positive attitude towards the course and teachers, and take short rests or naps in the afternoons.



Ultimately, success in the program depends on accepting your body, breath, and mind without judgment or comparison to others. A positive mindset is must.



## **BALANCE FEE PAYMENTS AND CURRENCY INFORMATION**

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Currency in India is Rupees (INR). You can exchange money at banks or agencies nearby, or through our official money agents on Ashram at the start of the course. Avoid exchanging money at Indian airports due to low rates after taxes.

We accept cash payments in Euros, US Dollars, GBP, Indian Rupees. If you prefer, you can pay the course balance online with a credit/debit card, with a 5% bank processing fee.

International bank transfers are also accepted, with a 5% fee for transaction and currency exchange.

ATMs are available throughout India, but withdrawal limits are typically Rs. 10,000 (\$160) per transaction. You can use multiple ATMs for larger withdrawals.

## **COURSE RESCHEDULING AND CANCELLATION POLICY**

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All fees paid are non refundable and non transferrable. Your understanding in this matter is greatly appreciated.

If a student wishes to reschedule the course date, a minimum notice of 30 days before the course commencement date is required. Future dates are subject to availability at the school. Please note that we cannot process any refund requests for course cancellations under any circumstances.

## ARRIVAL AND ORIENTATION INFORMATION

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It typically takes a day or two to adjust to the Indian weather, water, and food, especially if you're not accustomed to it. If possible, arrive a few days early to relax and acclimate before the rigorous schedule begins. If you can't come early, plan to arrive the day before the course starts to rest after your flight and get familiar with the area. Please contact management for the availability.

The course officially begins with an opening ceremony (Puja) at 7:30 am on the start day, which includes presenting manuals and an Orientation session. The classes will start post lunch.

## COURSE CONCLUSION AND DEPARTURE INFORMATION

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At the end of the course, we conclude with a certification ceremony and a farewell dinner by the evening. You're free to depart on the next day morning post breakfast on 24th or 29th as per your course completion day.

Additional stay before or after the course incurs a charge of Euros 25 to Euros 45 per day, inclusive of meals but excluding classes or activities.

## TRAVEL LOGISTICS

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Your journey begins with a flight from your country to Delhi International Airport. Upon arrival, you'll need to book a domestic flight to Dehradun Airport.

Once you land in Dehradun, we'll arrange for your pickup. Look for our cab driver at the arrivals area holding a placard with your name and the Adhiroha logo.

Drop-off to Dehradun Airport can be arranged at a cost of euros 20.

We can also arrange your pickup from Delhi International Airport at a cost of Euros 120.

## TRAVEL OPTIONS: (BY BUS/TRAIN)

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While it's possible to reach Rishikesh by bus/train from Delhi International Airport, it can be tiring and challenging if you're unfamiliar with the Indian transportation system. However, if you're adventurous and eager to explore, this route can be exciting.

For a more convenient and comfortable journey, we highly recommend taking a flight from Delhi to Dehradun. From there, we'll ensure your smooth transition to Rishikesh.

# PASSPORT

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Ensure your passport is valid for at least six months from your arrival date in India. Take a photo and keep a copy on your phone, email, or with your family in case of loss.

## VISA INFORMATION

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All foreigners visiting India need an Indian Visa. There are two options depending on your country and length of stay:

1. Tourist E-Visa: Valid for 90 days, easy online application with confirmation email sent within 72 hours. Available for citizens of about 120 countries. Apply on the official E-Visa Website: <https://indianvisaonline.gov.in/visa/tvoa.html>

1. Regular Tourist Visa: Valid for 3/6/12 months. Check your local Indian Embassy website for processing times. Can be obtained by mail or in person.

### NOTE:

**Note: Student visas are not available for month-long yoga courses in ashrams. These visas are reserved for long-term academic programs in universities or colleges. When filling out the tourist visa application, specify the reason for travel as "Vacation" to have the freedom to travel before or after the course, which is not possible with a student visa.**



Apply for your Indian visa at least 4 weeks ahead, or 8 weeks if applying outside your passport country, to avoid delays.

To support your visa application, we can provide you with an admission document stating the duration and other details of the course. Adhiroha is registered with the Yoga Certification Board - Ministry of Ayush (Government of India), which may enhance the approval of your visa application. Contact Management for this document.

## **INSURANCE**

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For first-time visitors to India, it's advisable to obtain travel and health insurance for added coverage.

## **FORBIDDEN ITEMS - IN THE ASHRAM PREMISES**

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To honour the local culture and maintain a clean body and mind, the use of alcohol, drugs, or any mind-altering substances, as well as meat & non-vegetarian products, is strictly forbidden in our ashram premises.

Tobacco smokers are encouraged to quit during the course or stay, but if that's not possible, smoking must be confined to areas outside the property away from other students and staff who may not appreciate seeing a yoga student smoking.

## ZERO TOLERANCE POLICIES

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Upon non compliance of the below guidelines, Student will be disbarred from the course immediately. No excuses or reasoning will be entertained.

Dress Code- Shoulders should be covered with full length bottom. Students should not wear clothes like shorts, sleeveless tops or crop tops, backless tops in the premises.

Consumption of alcohol, non-vegetarian food, smoking or coming to the campus intoxicated is strictly prohibited. Consumption of drugs or intoxication inducing substances can cause not only dismissal from the program but also will be subjected to legal action from local police.

No Hugging or Kissing inside the premises. At Adhiroha social way of greeting is 'Aum Namaha Shivaya' with Namaste mudra and smile on the face.

No harassment, proposals or innuendos with a sexual connotation will be tolerated during the course or stay or any activity organised by the management/school. Any guest or student who feels he/she is a victim of unsolicited advances or any other form of sexual harassment is advised to notify the management immediately so that corrective action can be ensured without any delay, with legal action if needed.

Code of Respect and Conduct: Disrespectful behaviour or the use of foul language toward staff or management is strictly prohibited. All students are expected to maintain professionalism, courtesy, and respect at all times.

# SCHEDULE A CALL TO LEARN MORE ABOUT OUR COURSE!

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We strongly recommend scheduling a voice or video call to discuss your questions. This will help you gain a deeper understanding of the course and make a well-informed decision.

## CONTACT US



+91-9999-048-900

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adhiroha.com

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info@adhiroha.com

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We Look forward to see you at Adhiroha.

Aum Namaha Shivaya!