



NEW YORK
Sivananda
ASHRAM YOGA RANCH



Ashram Guidelines & Policies

Ashram Guidelines

The Sivananda Ashram Yoga Ranch is a yoga retreat with organized, pre-scheduled activities. Attendance at Satsang (meditation sessions) and asana classes (yogic exercises) is required in order to maintain the proper rhythm and atmosphere of the ashram. If you have special needs that affect your participation, please let us know. Guests with specific physical conditions are also encouraged to inform your yoga teacher so that we may help you modify your practice to what works best for your particular situation.

- Please respect the meditation room etiquette: Do not lie down or point your feet towards the altar or teachers, and do not place your feet on the chant books.
- Karma Yoga (selfless service) is observed from 11:00 a.m. to noon.
- SAYR is strictly vegetarian. Meat, fowl, fish, and eggs are not allowed on the grounds. Garlic and onions are also not allowed in the Yogic diet.
- No alcohol, drugs, weapons, or tobacco are allowed on the SAYR grounds.
- Given our peaceful environment, loud cell phone conversations and loud music are not allowed. Please be aware of your volume levels.
- If you arrive after the start of Satsang (during silent meditation), please remain outside and sit in practice until the singing has begun so as not to disturb the other practitioners. Once the singing begins, please quietly and discreetly find a seat inside with everyone.
- We observe silence (mauna) between 10:30 p.m. and 6:00 a.m. Lights out at 10:30 p.m.
- Candles and incense may not be burned anywhere on the SAYR property, except during public ceremonies. Please help us to look out for fire hazards and inform the staff if a fire or hazard is observed. In case of fire, please meet by the Peace Pole. DO NOT leave the property.
- In case of medical emergency, please contact a staff member or receptionist. Health insurance is each guest's responsibility.
- Enjoy nature's beauty, but please respect the privacy of our neighbors. Please ask for a map of the grounds, forest trails, and shrines.
- Parking is available in the main guest parking lot only. You can drive up to the guest rooms and campgrounds to unload your car only. Please drive very slowly and courteously for safety sake. SAYR is family friendly and young children are present.
- No dogs, cats, or other pets are allowed on the SAYR property.
- All animal wildlife should be left alone, even if it is injured. If you do come across an injured animal, let the staff know. We will take appropriate measure.



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Conditions of Attendance

Liability

I understand that I am registering for instruction in an activity which may involve physical, emotional, and/or psychological activity and that in case of such an undertaking there is always a risk involved. I understand that in a group setting the instructor cannot always monitor my physical, emotional, and psychological limits, and that I am therefore responsible for assessing the risk any activity poses to me, and choosing a safe course of action for myself.

I agree that while on the grounds of the SAYR, I will comply with the Ashram Schedule and rules and I will respect SAYR Property. In consideration of being permitted to participate in classes, workshops and other SAYR activities I knowingly, voluntarily, and expressly waive any claim for injury or damages that I may sustain during my participation. I will not hold liable the Sivananda Ashram Yoga Ranch, International Sivananda Yoga Vedanta Centers, or any staff member or guest presenter for any injury, damage or loss to my person, (my children, if applicable) or my belongings while on SAYR grounds. Furthermore, I agree to reimburse SAYR for any damages to the Ashram caused by myself (or by my children, if applicable).

I understand that the SAYR does not have facilities and staff to provide medical care.

Food Allergies

In connection with any food allergies I have, I understand that I am responsible for knowing whether any ingredients to which I am allergic exist in any foods that are prepared by SAYR. If I am uncertain about the ingredients of these foods, I am responsible for learning that information from the senior staff in the kitchen who have prepared or overseen the preparation of such food.

Use of Likeness and Photography

I understand that while I am at SAYR, attending an SAYR conference, or participating in any other SAYR event, SAYR may be taking photographs of participants. Some of these photographs will be used by SAYR for promotional, educational, or informational purposes in its catalogs, brochures, website and newsletters. By coming on campus, attending an SAYR conference, or participating in any other SAYR event, I agree that SAYR may take photographs that include my image and that such photographs may be used by SAYR for promotional, educational, and informational purposes without compensation to me of any kind.



Travel Insurance

We highly recommend that you purchase travel insurance, which insures you against unforeseen sickness, injury, job loss, inclement weather, and more.

Reservations & Cancellation Policy

Sivananda Ashram Yoga Ranch (SAYR) reserves the right to cancel a program at any time. If SAYR cancels a program, you will receive a full refund. *Some programs may have special cancellation policies; see individual workshop descriptions.*

Unless mentioned otherwise on individual workshop pages...

- At the time of reservation a fifty dollar (\$50.00) nonrefundable deposit must be made. Three (3) days prior to your arrival your credit card will be charged for the full amount of your stay.
- If a reservation is cancelled within three (3) days of your program or stay a nonrefundable credit towards a future SAYR program or stay (less a \$50 processing fee) will be held on account for twelve (12) months (e.g. for a Friday arrival, cancellation on the preceding Tuesday, Wednesday, or Thursday will result in a nonrefundable credit towards a future stay less a \$50 fee).
- Credit(s) may be applied to any SAYR program or stay for one year following date of issue (Boutique purchases excluded).
- No credit or refund is available for cancellations on the day of arrival, no-shows, or for early departure from an event for any reason. No refund will be available due to dissatisfaction of the presentation or content of any program attended.
- To cancel you must call the office: (845) 436-6492
- When making a reservation, please inform the office if you have any special needs.