Student Orientation Manual

www.worldpeaceyogaschool.com

Laxman Jhula, Rishikesh, Uttarakhand 249137

09105127694 World Peace Yoga School @worldpeaceyogaschool
## Table of Contents

3 Transportation  
5 Weather  
6 Clothing and Packing  
7 Indian Culture  
8 Safety in India  
9 Vaccinations and Medical Care  
10 Accommodations  
11 Money and Currency  
12 Our Founder  
13 Course Materials  
14 Course Information Teacher Training  
16 Important course details  
17 Various Courses and retreats  
20 How to book your place  
21 The Complete Course Fee includes
Transportation

From Delhi to Rishikesh

The distance from Delhi to Rishikesh is generally 6 hours but traffic, time of day and holidays/ festivals can make the journey longer. The three major methods of transportation to get from Delhi to Rishikesh are private car, bus or plane. Hiring a private car to take you from Delhi to Rishikesh is the easiest option for first time travelers to India with bus and train being more complicated.

Private Car

A private car will cost around $80 USD from Delhi to Rishikesh. You have the opportunity to meet up with other students in your yoga teacher training group to arrange to share a private car in order to keep the cost down.

Bus

Depending on the time your plane arrives in Delhi, this can be a tricky option. Volvo buses (best condition) from Delhi to Rishikesh stop running around 9 PM at night. If your plane arrives in Delhi around evening time, you will have to get a hotel for the night and then make your way to Delhi ISBT (Interstate Bus Terminus) in the morning.

From the airport, get a prepaid taxi to take you to Delhi ISBT. Only go to the government approved taxi stand located right outside the airport exit. The price from the Delhi airport to Delhi ISBT will be 600 INR (Indian Rupees).

Once you arrive at Delhi ISBT, navigate your way to the bus station’s ticket stands on the second level (go up the escalator). Go to the Uttarakhand State booth and ask when the next volvo bus (best quality) will be leaving for Rishikesh. That bus ticket should cost between 500 INR - 700 INR.
From Delhi to Rishikesh

Make sure to ask the bus driver/bus director where they drop off at Rishikesh. You should depart from the bus at Rishikesh Bus Station (there's only one) which is usually their last stop if their destination is Rishikesh.

Once you arrive at Rishikesh Bus Station, find an auto rickshaw (tuk tuk) to take you to Laxman Jhula at World Peace Yoga School.

Plane

You can also book a plane ticket from Delhi airport to Dehradun airport (Jolly Grant). The price of that ticket ranges depending on when you book it, but it’s usually around $40 to 60 USD. The taxi from the airport to Laxman Jhula is around $16 USD.
Weather

February - March

The weather during this time in Rishikesh is very pleasant with warm days and cool nights. It’s peak season, so there’s many tourists in the area with peak prices around the markets as well.

April - June

The weather in Rishikesh starts to get warmer during April. Once May and June come around, it’s scorching hot and the climate is dry. The Ganges River serves as a calming and cooling oasis.

July - September

Monsoon season is during July, August and September. The humidity is high in Rishikesh with very warm weather, but it’s not as intense as the heat during April, May and June. The constant rain showers provide some relief.

October - November

Fall is the tail-end of monsoon season. There is less rainfall as October ends and the strong humidity is mostly gone by November. Rishikesh has a steady flow of tourists and activity, but it’s less chaotic than February and March.

December - January

December and January are very cold months in Northern India as a whole, and Rishikesh is no exception. It’s a very quiet and peaceful time around Laxman Jhula.
Clothing and Packing

Clothing

Indians have different cultural norms than some tourists may be accustomed to. Those cultural norms extend to clothing and styles of dress.

As a whole, India is a very conservative country when it comes to clothing. Women rarely show their legs (no shorts, skirts, etc) or shoulders, and traditional ways of dressing are still widely used for both men and women. Although the Laxman Jhula and Ram Jhula parts of Rishikesh are very touristy, please be mindful of how your clothing might translate to Indians.

For yoga classes, bring clothing that is both comfortable for physical activity and weather appropriate. Don’t be afraid to showcase your personality!

To Bring From Home

Most of the general items you will need during your stay in India (or their equivalent) can be easily found in the nearby shops around the corner from our yoga school. What we suggest you remember to bring is any specialty item that you can’t live without, like a specific personal care item or favorite snack from your country.

Shopping in Rishikesh

A really fun part about Laxman Jhula is all the shops, stalls and stores! If you have time during your busy training schedule, go wander around for a bit and see what you can find. There are lots of fun clothing to buy like pants, shirts, shawls and scarves.

Some other items that are available in the nearby markets: Candles, yoga gear, natural/Ayurvedic beauty and personal care products, religious items, health food, snacks and much more.
Indian Culture

What to Expect

There are many universal aspects of Indian culture that will extend throughout your travels in this country. Below are some things to anticipate during your time in India:

- Gorgeous sunrises and sunsets over the Ganges River.
- Monkeys making mischief among the trees or on the side of roads.
- Adorable cows wandering around the roads and streets of villages and cities.
- High population density - crowds of people wherever you go!
- Lots and lots of color everywhere you look.
- Holy cities like Rishikesh do not sell meat products or alcohol.

Diwali, Festival of Lights
Is Rishikesh safe?

Rishikesh is a very safe place for tourists and locals alike. Locals are used to foreigners and things, such as communication, are a lot easier here than other parts of India. Just practice your usual safety precautions and always keep track of your belongings.
Vaccinations and Medical Care

Which vaccinations do I need before leaving India?

Deciding which vaccinations you will need to take before arriving in India is a very personal decision. Contact your medical care provider or a travel clinic to get yourself educated on what the recommended options are.

What if I get sick during my yoga program?

If you are sick, injured or in need of medical assistance, we will provide you with medical care or take you to a western-style hospital (whichever option is needed).
Accommodations

What do accommodations offer students?

Stay at World Peace Yoga School and experience India in a relaxed and peaceful atmosphere with other spiritually like-minded individuals. The School is perfectly situated near the magical waters of the Ganges River & Green Mountains, all the popular shops, markets and cafes are just around the corner. Witness glorious pastel-colored sunsets at the end of each day on our terrace balcony where you are free to do meditation and yoga. Sleep soundly in a quiet, serene atmosphere without disruption. Absorb the beautiful and breathtaking sights of the Green Mountains visible from our yoga halls, bedrooms and balconies.

Amenities:

- Wifi access
- Hot water running 24 hours a day
- Clean, hygienic and western-style rooms with attached bathrooms
- Filtered water system available for students 24/7
- Bed sheets, blankets, pillows and towels are provided
Money and Currency

What is India’s currency?

India uses Indian Rupees and only at select locations are United States Dollars accepted. For common day purchases, you will have to deal in Indian Rupees. Credit/debit cards are accepted at stores or shops.

Are there places to take out money nearby?

ATMs are available in Laxman Jhula and the surrounding areas for students to use. They can be frequently found all around India. A Western Union is also located nearby in Laxman Jhula.
Who is our founder?

Guru Vishnu Ji

Yogi Vishnu is the founder and visionary of World Peace Yoga School and he is an exceptionally accomplished teacher. He knows how to read the beautiful language of Sanskrit, has extensively studied spiritual scriptures on a wide array of topics and has his masters degree in both yoga and Sanskrit.
Course Materials

What course materials are included?

Students get all kinds of goodies when they enroll in our yoga programs!. Here’s what you can expect to be included in your student kit:

- Official “World Peace Yoga School” Bag
- Yoga T-Shirt
- Yoga Teacher Training Course Main Manual
- Asana Pranayama Mudra Bandha by Swami Satyananda Saraswati
- Yoga sutras of sage Patanjali by Swami Satyananda Saraswati
- Satkarma Cleansing Items
- School supplies (Notebook, pen, pencil, etc)

Opening Ceremony
Course Information
Teacher Training

Greetings from
World Peace Yoga School

We are delighted to have your interest in our Yoga Teacher Training Course, which will take you on a life changing journey of self-discovery and awakening. This is suitable for people from all walks of life, whether you are new to yoga, you desire to teach, or simply wish to expand your life.

Rishikesh, at the foot of the Himalayas in India, is the birthplace of yoga, making this an inspiring place to begin or deepen your yogic knowledge.

You will learn from highly experienced teachers who will guide and support you during your time at World Peace Yoga School, allowing you to become immersed in all aspects of the divine process of Yoga.
Meal Time

Delicious Indian vegetarian meals will be provided 3 times a day. Food is prepared with high hygienic standards and served in a buffet style manner.

Please advise us if you have any food allergies or specific diet requirements and we will do our best to accommodate. Pure filtered drinking water is also freely available 24/7, or you can purchase bottled water from our shop if you prefer.

There are a number of restaurants within a 5 minute walk from the Ashram, you are welcome to explore these options but please notify kitchen management 3 hours before mealtime if you will not be present.

Daily Schedule
(Subject to change)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>05:30-06:00</td>
<td>Meditation</td>
</tr>
<tr>
<td>06:15-07:45</td>
<td>Hatha/Kundalini/Yoga Therapy</td>
</tr>
<tr>
<td>08:00-09:00</td>
<td>Pranayama Shatkarma &amp; Mantra Chanting</td>
</tr>
<tr>
<td>09:00-10:00</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10:00-11:00</td>
<td>Self Study</td>
</tr>
<tr>
<td>11:00-12:00</td>
<td>Yoga Anatomy</td>
</tr>
<tr>
<td>12:15-13:15</td>
<td>Yoga Therapy</td>
</tr>
<tr>
<td>13:15-14:15</td>
<td>Lunch</td>
</tr>
<tr>
<td>15:00-16:00</td>
<td>Yoga Philosophy</td>
</tr>
<tr>
<td>16:15-18:15</td>
<td>Asana Flow/Alignment &amp; Adjustment Teaching Methodology</td>
</tr>
<tr>
<td>18:30-19:30</td>
<td>Meditation</td>
</tr>
<tr>
<td>19:45-21:00</td>
<td>Dinner</td>
</tr>
</tbody>
</table>
Here are some important course details for you to consider

We have a few locations for you to consider doing your course at:

- **Rishikesh**
- **Kerala**
- **Bali**
- **Lithuania**

We have courses in different languages that you can consider:

- **English**
- **Spanish**
- **Chinese**
- **Russian**

<table>
<thead>
<tr>
<th>Course Duration</th>
<th>Course Name</th>
<th>Location</th>
<th>Start Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>100/200/300/500</td>
<td>Multy Style YTTC</td>
<td>Rishikesh</td>
<td>Starts of Every month</td>
</tr>
<tr>
<td>100/200/500</td>
<td>Traditional Kundalini YTTC</td>
<td>Rishikesh</td>
<td>Starts of Every month</td>
</tr>
<tr>
<td>100/200/300/500</td>
<td>Holistic Yoga Therapy YTTC</td>
<td>Rishikesh</td>
<td>Starts of Every month</td>
</tr>
<tr>
<td>200/300/500</td>
<td>Hours Ayurveda Yoga TTC</td>
<td>Rishikesh</td>
<td>Starts of Every month</td>
</tr>
<tr>
<td>95 Hours</td>
<td>Kids Yoga TTC</td>
<td>Rishikesh</td>
<td>1st – 8th of every month</td>
</tr>
<tr>
<td>Pre-Natal Yoga</td>
<td>TTC</td>
<td>Rishikesh</td>
<td>8th – 15th every month</td>
</tr>
<tr>
<td>Yin Yoga TTC</td>
<td></td>
<td>Rishikesh</td>
<td>1st – 8th of every month</td>
</tr>
<tr>
<td>Acro Yoga TTC</td>
<td></td>
<td>Rishikesh</td>
<td>12th – 30th April, Sept</td>
</tr>
</tbody>
</table>
Various Courses and retreats we offer

Travel

The best way to travel to Rishikesh is to take flight from Delhi airport to Dehradun airport which is merely 15 kms from the school. Please forward us your flight details and we will arrange a free taxi pick-up from Dehradun (DED) Airport. Another option is to take a taxi from Delhi Airport. At night this will take around 5-6 hours and during the day it will take 7-8 hours.

Arrival And Departure Dates

The course will begin with an Opening Ceremony and Orientation Programme. The 30th of the month is the last day of the course, and a Graduation and Fire Ceremony will take place.

Course Curriculum & Certification

The 200hr TTC will cover the following aspects of yoga: Asana, Pranayama, Meditation, Yoga Nidra, Bandha Practice, Mudras, Yoga Philosophy, Mantra, Chanting, Adjustment & Alignment of Asana, Yoga Anatomy, Yoga Therapy, Teaching Methodology, Tantra Practice and Ayurveda Principles.

After the successful completion of the course, you can register on the Yoga Alliance website to teach worldwide as a certified yoga teacher.
Wellness

We have an on-site spa where you can avail of a variety of Ayurvedic treatments during your time here. If you unfortunately fall ill during your stay, you will be well looked after by our Doctor here at World Peace Yoga School, or taken to a western style hospital if so required.

What to bring

Please wear modest clothes, white clothing is preferable. We provide yoga mats but you are welcome to bring your own if you prefer. A laundry service is available at the center for a small fee.

Charity Shop

We have a charity shop on site here where all proceeds go to a local childrens orphanage. Quality yoga clothes, white clothes, yoga materials, water bottles, musical instruments, books etc. are all available to buy, as well as second hand items.
Teacher training *(Regular fee)*

<table>
<thead>
<tr>
<th></th>
<th>200</th>
<th>300</th>
<th>500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi TTC</td>
<td>1599 USD</td>
<td>1799 USD</td>
<td>3000 USD</td>
</tr>
<tr>
<td></td>
<td>200</td>
<td>300</td>
<td>500</td>
</tr>
<tr>
<td>Kundalini</td>
<td>1499 USD</td>
<td>1699 USD</td>
<td>3000 USD</td>
</tr>
</tbody>
</table>

*50% discount until september 2021
*For indian students: 200hrs ₹35,000/-  300hrs ₹45,000/-

Retreat

<table>
<thead>
<tr>
<th></th>
<th>7 Days</th>
<th>3 Days</th>
<th>10 Days</th>
<th>4 Days</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kundalini Retreat</td>
<td>Yoga Meditation Retreat</td>
<td>Relaxing Ayurveda Yoga Retreat</td>
<td>Tantra Retreat</td>
</tr>
<tr>
<td></td>
<td>600 USD</td>
<td>600 USD</td>
<td>150 USD</td>
<td>500 USD</td>
</tr>
</tbody>
</table>

*Special 3 days Yoga & Meditation Retreat for Covid season ₹6000/- (Start on Friday till Sunday).

Curriculum

The Curriculum is different for different programs and you need to see all details in the website.
Here we mention only 200 Hours Yoga TTC Curriculum and you can have a idea for other courses also.

<table>
<thead>
<tr>
<th></th>
<th>Hatha Yoga</th>
<th>Ashtanga Vinyasa</th>
<th>Pranayama</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philosophy</td>
<td>Anatomy</td>
<td>Yoga Therapy</td>
<td></td>
</tr>
<tr>
<td>Meditation</td>
<td>Bandhas</td>
<td>Mudras</td>
<td></td>
</tr>
<tr>
<td>Indian Classical Dance</td>
<td>Ayurveda</td>
<td>Alignment</td>
<td></td>
</tr>
<tr>
<td>Mantra Chant</td>
<td>Satkarma</td>
<td>Yoga Nidra</td>
<td></td>
</tr>
<tr>
<td>Teaching Practice</td>
<td>Teaching Methodology</td>
<td>Assessment</td>
<td></td>
</tr>
</tbody>
</table>
How to book your place

Our seats fill up quickly, book your spot soon to avoid disappointment by enrolling now through this booking link where you will be required to send a deposit of $200 via Paypal ($10 transaction fee not included). The remainder of the course fee can be paid on arrival by cash or card only (card charge 5%).

School Rules

The following discipline is requested to be followed by every student:

- Strictly prohibited to smoke, drink alcohol or use mind altering drugs in the school.
- If you plan not to have your meal any day, inform the kitchen Manager 3 hours before.
- You are kindly requested to wash your dish after your meal.
- Always arrive on time, if you are late you will not be permitted to join the class.
- Before departure remember to return goods that you borrowed; books, maps etc.
- Any friends or relatives will not be included in accommodation. If anybody is coming with you please inform the school earlier.
- Students must attend all scheduled programmes of Ashram for successful completion of their chosen course.

Contact:

Please don’t hesitate to connect with us through the below links if you have any further questions or concerns. We keep our social media channels up to date with current events and programmes so that you can see what life is like at here before you join us.

You are also welcome to connect with Guru Vishnu who is available to answer any of your questions personally on his Facebook / Instagram / Whatsapp.
The Complete Course Fee includes:

- Accommodation
- Free taxi-pickup from (ded) Dehradun airport. (Extra charges from Delhi airport 75 usd).
- 3 Vegetarian meals a day, detox juices and teas
- Weekend excursions
- Yoga material
- A free ayurveda massage
- One himalayas sightseeing trip and one meditation tour in an Ancient cave (vashistha) and local sightseeing.
On behalf of Guru Vishnu and all team members, sending you love and blessings from World Peace Yoga School. We cannot wait to meet you here soon and take part in your journey.

*Stay Blessed.*

Yogi Vishnu Panigrahi  
Founder of  
World Peace Yoga School