

About Your Stay



About Your Room

All rooms have private bathrooms with a Western style toilet, sink, and shower with solar-heated hot water. Each room has two beds, two locking wardrobe cabinets, and two desks. There are individual AC units in each room. Space heaters and air purifiers are available upon request. Linens are provided



A/C & Fans

Air Conditioning is available although most students feel that the ceiling fan is sufficient. There is a wall switch with a red light on it; this light needs to be on in-order to power the A/C unit. There is a remote that controls the A/C unit.



Drinking Water

Reverse osmosis drinking water is provided in the Dining Hall & Herb Room. A pitcher is provided in each room for drinking water. Please fill this in the Dining Hall.



The tap water in your room is well-water, that has been chlorinated and softened, and tested. It is safe for teeth brushing, washing, and other usage. We most often drink the RO water, although you may choose to drink the tap water as well.



Bathing

Our hot water is solar-heated, and as such is limited to one tank. During periods of high use, like morning bathing time, the hot water is likely to run out. Please keep your showers and other hot water usage short. You will also be more likely to have a hot shower if you choose to bathe at a time other than the mornings.



Power & Electricity

India voltage is 220-240v, while US voltage is 110. If the voltage capacity of your device is lower than 220 volts, a transformer/converter is required to lower (step-down) the voltage before plugging in your device. Most laptops and mobile devices do not require a voltage transformer. However, check the voltage on your devices before plugging them in. You may need a Type-D adapter. India is subject to intermittent power outages. This facility is equipped with a back-up generator that will automatically turn-on should an outage occur.



Toilets & Toilet Paper

The waste water system at VIOA is a well thought out, environmentally friendly system, but also very sensitive to items besides bodily waste. Please do not flush anything besides bodily waste including toilet paper. A helpful practice is to use the sprayer (health faucet, jet spray) to clean yourself and then use toilet paper to dry. Then dispose of this toilet paper in the trash can.



To preserve resources, please turn lights and fans off when you leave a room.

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Guest Resident Housekeeping



Basic room cleaning services (floors, bathroom, garbage collection) are offered twice per week. (see your buildings bulletin board or VIOA Staff for cleaning schedule room timings). Out of respect for your roommate, staff, and the VIOA please keep your room tidy, and free from food and undisposed of garbage.

Laundry



Guests will change their sheets and towels as needed. There are labeled hampers in the Guest Resident Building's Laundry Room for you to put your 'Non-Oily' and 'Oily' linens. Clean sheets and towels can be found on the second floor in the refrigerator room.



There are two (2) laundry rooms on campus for personal laundry and linens. One is on the first floor of the Guest Resident Building, and one in the Staff Resident Building. Depending on the center's vacancy, a laundry time slot may be assigned to you to accommodate all guests. There are two washing machine per laundry room, and laundry soap is provided. Drying can be done either on the clothesline behind the Guest Resident Building; on the drying rack provided in each room; or using the drying machine in the Staff Resident Building's Laundry Room. Your last load of laundry should be complete by 9:00pm.

As many guests will want to do laundry during downtime and on weekends, please do not leave your laundry unattended for long periods of time. If a load is complete in the washer, and you are ready to begin washing, please place the clean load in one of the laundry baskets provided.

Dishes



You are responsible for washing the stainless steel dish-ware stocked in your room. Dish soap, sponge, and a dish towel are provided. Please keep this dish-ware in your room, and out of circulation of the ashram.

Storing Valuables



Each student has a wardrobe, which is lockable (use left door barrel bolt AND key). We suggest storing any valuables in your wardrobe and locking as needed. Additionally, there is one in-room safe. You can also lock valuables within your lockable luggage in your wardrobe. We suggest that all valuables are put away and secured.

About Your Stay Continued...



Quiet Hours

Quiet hours are observed from **10:00^{pm}** – **6:00^{am}** each day. Additionally, the last load of laundry should be complete by **9:00^{pm}**.



Community Mindfulness

When in residence at VIOA, you are living as part of community. As a community member we practice awareness of how our actions affect not only ourselves, but also the group as a whole. We invite you into the spirit of community to look after and take care of each other and the ashram space itself.



Check-in & Suggestion Box

Meetings will be facilitated by staff members in the AM or PM after meals depending on the programming schedule. These meetings are a time for check-in, questions, and concerns to be voiced. VIOA Administrators will be available from 9:15am to 10am Monday - Saturday or for appointment depending upon their availability.

A suggestion box is available in the reception room as well. Simply right your comments, concerns, and suggestions on a piece of paper and submit it in the box.



Dinacarya Supplies

While in residence at VIOA, it is our invitation to you that you have the opportunity to experience living Ayurveda. You can purchase supplies to support your dinacharya based on recommendations from Dr. Lad or staff.



Dress

Clothing in India is significantly more modest than in the west. The following clothing guidelines apply to campus, classes, clinics, temples, and other sacred sites.



Men wear tailored button-down shirts, short or long sleeves, with some sort of collar; long pants are always worn.



Women wear modest attire that provides coverage from the collarbone down to the ankles. This includes full-length skirts or dresses with modest short or long sleeves. A scarf or shawl is always helpful in dressing modestly. Shoes are worn on campus but are not allowed inside these rooms: kitchen dining/canteen area, lecture hall, herb/apothecary room, consultation room, library, reception area, all treatment rooms, and agnihotra tent. Indoor slippers or shoes are permitted if worn only in those rooms and remain in those rooms once exited.

NOTE : Additional dress code specifics can be found in the guest handbook. The VIOA staff has the responsibility and authority to request any person to change their attire to be more appropriate