

I AM India

Frequently Asked Questions

What do I need to submit to come to India?

There are certain documents that you must fill out and submit to the Amrit Yoga Institute in order to fully register for any segment of 2019 I AM India Programming.

- Copy of your passport page
- Copy of visa
- Copy of Drivers' License/State Identification Card
- Copy of Flight Itineraries
- Emergency Contact Information
- Serious historical medical ailments, surgeries, or injuries
- Signed Liability Waiver (I AM Yoga Nidra™ Professional Training, Malav)
- Signed Release of Liability (Rishikesh Programming and Celebration)

Note: All of the above does not need to be submitted simultaneously, however, please be sure to submit them in a timely manner to hariamar@amrityoga.org. or mail to:

The Amrit Yoga Institute
23855 NE Highway 314
Fort McCoy, FL 32134

What do I need to be aware of while travelling?

- Arrive 3 hours ahead of time for all international travel.
- Ensure that your luggage meets the quantity and weight requirements set by your respective airlines. Check www.tsa.gov for updated requirements for international air travel.
- Ensure that you are bringing only the essential electronics and other valuables that you will use during your trip
- You have packed your carry-on and personal bag with items need for unexpected, or over-night, delay.
- You have retained copies of all pertinent information to this trip in a file that is accessible including:
 - a. Copy of your Passport Photo page
 - b. Copy of your India visa
 - c. Copy of Travel insurance details (highly recommended, not required)
 - d. Copy of your flight itinerary to/from India
 - e. Emergency Contact information

Do I need a Passport and/or Visa to go India? How do I get them?

You need both to enter India.

Your passport must be valid for up to 6 months following your return to the United States (or origin country) from India and have at least 2 blank passport pages. If you need to acquire or renew a passport, it may take 6 weeks to 3 months to process passport renewal. Start soon by visiting [U.S. Passports and International Travel](#).

There are multiple Visas to select from. Consider the length of your stay in India and then select one of the two options listed below:

If your stay in India is less than 60 days, we recommend applying for an Electronic Tourist Visa (eTV) here: <https://visas.travisa.com/india-evisa> The process is faster it is less expensive than a traditional Visa. *Note:* You cannot subsequently convert this type of visa to extend your stay; if you feel that is a possibility for you, please apply for the Multiple entry Visa directly below.

If your stay in India is more than 60 days, you will need a Multiple Entry Visa: <https://visas.travisa.com/traveler-contact-services>

Note: Visa applications often request a local address:

The Kripalu Samadhi Mandir
GJ SH 193
Malav, Taluka, Kalol
District: Panchamahals
State: Gujarat
Code: 389340
Country: India



Please visit <http://www.kripalusamadhimalav.com/contact/> for more information, noting that addresses in India may not necessarily appear as you are accustomed to.

What are the dates of these events?

Lakulish Sacred Lineage One-day Tour with Gurudev Shri Amritji (Feb 7th):

Join Gurudev as he guides you to three spiritually charged sites integral to the evolution of these sacred teachings and practices! Do not pass up this amazing opportunity to travel with Gurudev as he endearingly introduces you to sanctities deepening your practice.

We will visit:

- Gurudev's childhood hometown, a quaint village specializing in pottery
- Kayavarohan Temple, initiated by Swami Kripalvanandji (Bapuji), dedicated to Lord Lakulish (Dadaji), housing Dadaji Idol
- Halol, Gujarat; The very building where Gurudev was first introduced to Bapuji

I AM Yoga Nidra™ Professional Training: (Feb 8-17): If you are planning on going on the optional day tour to Kayavarohan, please arrive at the Kripalu Samadhi Mandir,

Malav, Gujarat by February 6th for the lineage tour on February 7th. Check-in 1pm-4pm February 6th (early check-in available February 5th).

Optional Interim Tour: (February 17 – February 21): Fly to Delhi for shopping at authentic Indian Bazaars; visit the Taj Mahal and Fatehpur Sikri; Visit other holy, palatial, and exotic sites on the way to Rishikesh.

I AM Yoga Celebration: (February 22 -Mar 8):

Check-in Feb 21 at 3pm; check-out Mar 8 at 10am

We advise arriving on February 21 (one day early) in case of flight delays or other unforeseen circumstances.

When I book my flights, what city should I arrive in? What city should I depart from?

I AM Yoga Nidra™ Professional Training (Kripalu Samadhi Mandir, Malav): Fly into/out of Vadodara (Vadodara International Airport) or Ahmedabad (Sardar Vallabhbhai Patel International Airport). Training begins at 7pm on February 8th and Sacred Lineage tour the morning of February 7th. Arrive by February 6th

I AM Yoga Celebration (Rishikesh): Fly into/out of Dehradun (Jolly Grant Airport). The airport is 45 minutes from the venue. Plan to arrive on **Feb 21**.

***Note that flights are less expensive flying into Delhi (Indira Gandhi Airport) or a similar major international airport, then, take domestic connecting flights intra-country to/from Vadodara International Airport (I AM Yoga Nidra Training, Malav) or Dehradun Jolly Grant Airport (Rishikesh Programming).*

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Pack Light and save room for purchases. At the Kripalu Samadhi Mandir, you can support the local community by having your clothes inexpensively laundered daily.

What vaccinations do I need?

A: Visit the [CDC website](https://www.cdc.gov) for recommended vaccinations. Consult and arrange for vaccinations with your physician. We suggest having at least the MMR, Hep A, Typhoid vaccinations administered. You may inquire about weekly Malaria tablets as well (Mefloquine/Larium or Chloroquine). **Please consult your physician regarding medical history, vaccination recommendations, and dosage.**

Will my cell phone work in India? Will I have internet access?

In Malav: WiFi is available at Kripalu Samadhi Mandir. You can utilize WiFi calling at all locations where WiFi is available; however, to use a phone without interruption and in areas without WiFi, you may need to get an international sim card or talk service provided in advance. Please contact your cell phone service provider for more information.

In Rishikesh: WiFi will be available on-site and in some local eateries and sites. You may need to get an international sim card or talk service in advance if you wish to make phone calls. There are also several applications available for compatible phones that permit free messaging such as "WhatsApp".

What if I must cancel?

Your deposit is fully refundable 30 days after purchase or up until 60 days prior to the trip, whichever comes first. After 30 days after purchase or 60 days prior to the trip your deposit becomes nonrefundable and will be forfeited should you decide to cancel your reservation. Trip must be paid in full by 60 days prior to the trip at which point the trip is non-refundable. Cancellations must be made via email to abhay@amrityoga.org. For India, please notify Hari Amar via email at hariamar@amrityoga.org.

If you register within 60 days prior to the trip your full payment is due and non-refundable.

Amrit Yoga Institute is not responsible for or have obligations to cover any additional costs or fees you purchased for your trip including but not limited to airfare, currency exchange, supplies, travel insurance. Amrit Yoga Institute. also reserves the right to cancel any trip prior to departure. In the event that the Amrit Yoga Institute must cancel the retreat due to "Force Majeure" refunds will be provided to the fullest extent possible dependent on retreat suppliers.

Force Majeure means a party shall not be liable for any failure of or delay in the performance of this agreement for the period that such failure or delay is:

- a. Beyond the reasonable control of a party
- b. Materially affects the performance of any of its obligations under this agreement, and
- c. Could not reasonably have been foreseen or provided against, but will not be excused for failure or delay resulting from only general economic conditions or other general market effects.

A typical list of force majeure events might include war, riots, fire, flood, hurricane, typhoon, earthquake, lightning, explosion, strikes, lockouts, slowdowns, prolonged shortage of energy supplies, and acts of state or governmental action prohibiting or impeding any party from performing its respective obligations under the contract. So if,

for example, a hurricane occurred that shut down a location, the seller planning to visit or use that location would not be liable for cancellation of the portion of the trip.

If we cancel a tour you have reserved due to lack of enrollment, the entire amount you have paid to A.Y.I. for the applicable trip will be refunded to you within 30 days after the trips cancellation.

Your deposit of \$500.00 guarantees* your space on the retreat. *Except where exclusions apply.

Please make checks payable to **Amrit Yoga Institute** or **pay and register** at www.amrityoga.org/India2019

Amrit Yoga Institute gives notice that services provided are rendered by suppliers who are not its agents or employees. Amrit Yoga Institute assumes no liability for injury, damage, loss, accident, delay, irregularity or additional costs resulting directly or indirectly from the following causes: weather, strikes, civil disturbance, theft, governmental regulations, quarantines, failure of any means of transport to comply with schedules, or changes in transport, or failure of any person to render any lodging or travel service, beyond reasonable control of Amrit Yoga Institute.

Do I need Travelers' Insurance?

We suggest that you be fully covered with theft, loss and especially medical policies. Before your departure from the U.S., review your existing health and homeowner's policies. The Amrit Yoga Institute, Inc. is not responsible or liable for loss, damage or theft of personal luggage and belongings, nor can we be liable for personal injury, accident or illness. In most foreign countries, insurance coverage of personal injury, accident or illness is not available based on US standards. That is why we strongly urge you to check with your insurance agent to make sure you are adequately covered. You can purchase additional insurance from your insurance broker to cover luggage, personal effects and accident and health. **We strongly recommend the purchase of trip cancellation insurance as group airfares are nonrefundable.** Plans typically range from \$50,000 to \$2,000,000 depending on which plan you elect to participate in. Other considerations should be contemplated, including current domestic insurance plans you already participate in, degree of coinsurance participation, and age/overall health. Be sure to carefully review your existing coverage.

Recommendations for travel insurance:

www.imglobal.com – International Medical Group

www.travelguard.com – Travel Guard

www.insuremytrip.com – Insure My Trip.com