



**Phool Chatti
Yoga Ashram**

NAMASTE



THANK YOU FOR YOUR INTEREST in our yoga/meditation retreat. It is designed to be a broad introduction to the yogic path and to the ashram life. The course caters for all levels of experience. Students are totally supported on their inner journey.

We also take advantage of our beautiful surroundings as we are fortunate to be situated along the banks of the Ganga River (Ganges) in the foothills of the Himalayan Mountains.



IMPORTANT!



1. Please read these instructions carefully.
2. Please note that we do not offer courses from January 3rd to February 18th or from June 28th to September 19th. However, if you like to stay for your own practice in the peaceful and beautiful place near Ganga then you are most welcome.
3. Please note that the program dates are the same every year.
4. It is possible to arrive a few days earlier before the course starts and stay afterwards.
5. If you decide to leave the course early there will be **no refund**. Read our [Terms & Conditions](#) and [Refund and cancellations](#) in the footnote of our web site.
6. If you want to attend two of our week-long yoga courses, then we suggest that you first register for one week and then decide about the second week after the completion of your first week.
7. Please note that we maintain silence every day from 9pm till around 2pm the next day!
8. On the day the retreat begins we request that students arrive between 10:00am and 11:00am so you can register and enjoy lunch with us. Lunch is served at 1:00 pm. After lunch, orientation will begin at 3:30 pm.
9. Plan to leave until 2:00 pm on closing day as that is when the program ends.
10. All rooms have an attached toilet and bathroom. A male and female may share a double room.
11. We are always looking for people who have yoga and meditation experience to volunteer to support the retreat. If you are interested, please come and talk to us once you have completed the course.



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FREQUENTLY ASKED QUESTIONS

A complete FAQ you can find on our website: <https://www.phoolchattiyoga.com/faq>

WHAT TO BRING?

All students and guests are advised to bring the following:

- Towel
- Shampoo, soap and personal hygiene items
- Laundry soap
- Bottle to refill for filtered water
- Sunscreen
- Sunglasses
- Hat
- Mosquito repellent
- Toilet Paper
- During February, November and December please bring warm clothes. The ashram will provide warm blankets so you will not feel cold at night. Bed linen, blankets, yoga mats and yoga cushions are provided.

DRESS :

Modest dress is required around the ashram and its vicinity, so please bring suitable clothes that will cover your shoulders and knees. White clothing is preferable, so please bring it if you have it. As a general rule, knees and shoulders MUST be covered.



FOOD:

All meals are 100% vegetarian. In the case you follow a **vegan** diet (no milk, ghee, butter, etc.) there is porridge made on water and you can just politely refuse the curd when offered. If you want to drink something other than milk-chai (such as your own tea or coffee) bring it with you. The ashram has filtered water to drink, so bring a bottle to refill throughout the week.



Please note **THERE IS A LONG BREAK
BETWEEN LUNCH AND DINNER (7 hours).**

If you have concerns about hunger, a drop in blood sugar, wheat or milk intolerance, or any other dietary issues, please bring a supply of snacks with you (fruit, chocolate, nuts, biscuits, etc.) to support yourself or tide you over between meals. We provide a small kitchen (gas burner, utensils) for you to prepare drinks and snacks.



ORGANIZE YOURSELF

First day

Check in: 10:00 to 11:00am

Retreats starts at 3:30pm

Lunch Included

Last day

Check out: 2:00pm

Retreat finishes at 9:00am

Breakfast and lunch included



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PEOPLE CHOOSING SHARED ACCOMMODATION MUST MAKE THEIR OWN ARRANGEMENTS FOR A ROOM-MATE*

* We will not allocate you a room-mate. If you wish to share a room, please make your own arrangement and let us know in advance. Otherwise, you will be offered a single room.



ROOMS:

Rooms are luxurious but simple with all facilities like comfortable mattress, attached bathroom with hot water shower, charging sockets, intercom, big glass windows for beautiful Ganga and mountains natural view. Comfortable in the cold nights. All rooms have individual balconies.

PRICES FOR EXTRA STAYS:



Students may arrive at the ashram before the course begins and/or stay on after the end of the course. The prices for these extra days are:

- (1) Single NON-AC room
₹3,000 per person including all 3 meals
- (2) Single AC room
₹INR 3,500 per person including all 3 meals
- (3) Shared double NON-AC room
₹4,000 per room including all 3 meals
- (4) Shared double AC room
₹5,000 per room including all 3 meals



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PAYMENT:



25% Amount already paid on Booking is non-Refundable.

Balance of 75% amount will be paid on arrival preferably in cash (rupees)

IF YOUR PLANS CHANGE FOR ANY REASON, KINDLY INFORM US.

COMMUNICATIONS:



Mobile signals: Jio and Airtel are working fine.

WIFI – Good fiber connection is available (Ask for password) Family and friends can also contact you on our number: +91-9410366605.

For emergencies they may also
email: phoolchattiashram@gmail.com



**Phool Chatti
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LOCAL TRANSPORTATION:



To get to Phool Chatti Ashram from Delhi or Haridwar, you can arrange a taxi with our local transportation:

✓ **Mr. Amit Bhandari: Mobile: +91-976-074-9088**

To pick up from Delhi, please send your details on WhatsApp to +91-976-074-9088



✓ The approx. cost from Delhi to the Ashram
₹4500 and is about 6-7 hours.

✓ From Haridwar to Phool Chatti
₹1500 (aprox. 45 min)

✓ From Phool Chatti to Dehra Dun
₹1500

✓ From Laxman Jhula to Phool Chatti i
₹800



These prices are only for reference - check prices in advance directly with taxi driver before making any plan.



When you return to Laxman Jhula or Tapovan/Rishikesh, after finishing the program, you can share the taxi with other students.

DIRECTIONS:



The least expensive way to get here from Rishikesh is to take a taxi from Laxman Jhula from the other side of the footbridge to Phool Chatti Ashram.

Another option is to take a taxi from Haridwar or Rishikesh, across the New Green Bridge. Tell the taxi driver that 4kms after Laxman Jhula is the new Green Bridge on Badrinath Road. Cross the bridge and turn left on Neelkanth Road. Phool Chatti Ashram is 3kms north of the New Green Bridge. This bridge is always open.

✓ THE CLOSEST AIRPORT:

"JOLLY GRANT AIRPORT", halfway between Rishikesh and Dehra Dun.



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Please call the Ashram if there
are any questions or concerns.

We're looking forward to having
you with us!

Hari Om!

Phool Chatti Ashram



Phool Chatti Ashram
phoolchattiashram@gmail.com

+91 9410 366605 / +91 9810 889419

Nilkanth Temple Road
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Uttarakhand, India