



## RESIDENTIAL YOG-SCIENCE CAMPS

*In the benign Presence of*

H.H. Yogrishi Swami Ramdev Ji Maharaj

(1) 04-08-2010 to 09-08-2010

(2) 12-08-2010 to 17-08-2010 (3) 20-08-2010 to 25-08-2010

**Venue: Patanjali Yogpeeth- II, Haridwar, Uttarakhand**

1. First two camps are for honorable Corporate, Founder, Patron, and Life members of Patanjali Yogpeeth (Trust) & Divya Yog Mandir (Trust) and donors of all three categories, who supported the scheme for construction of individual room units.
2. Willing person other than member will also be able to take part in said camps, while contributing Rs. 7000/- for A.C. accommodation and Rs. 4000/- for Non A.C. accommodation.
3. Founder & Patron members can recommend two and one poor persons respectively. Poor persons can also take recommendation of Patanjali Yog Samiti/ Bharat Swabhimani's local units to take part in first two camps. Poor persons must produce xerox copy of his/her valid B.P.L., Ration card with application form and carry it in original while coming to take part in camp.
4. Final camp will be reserved only for honorable Dignified, Respected and General members of Patanjali Yogpeeth (Trust) & Divya Yog Mandir (Trust).

### **RULES AND REGULATIONS FOR CAMP PARTICIPATION**

1. Camps have limited seats and registration will be stopped after completion of expected number of participants.
2. Transfer from one camp to another camp will not be permitted.
3. Registration will be made on first come and first serve basis.
4. Sole distributors and proprietors of Patanjali Chikitsalayas and Arogya Kendras, in the event of being members of Patanjali Yogpeeth and Divya Yog Mandir (Trust), need not to apply for aforesaid camps because a separate Yog- science Camp cum Workshop is scheduled from 29-07-2010 to 31-07-2010 for their compulsive participation.
5. Participant is suggested to leave for Yog Camp only after receipt of registration number.
6. Honorable members of PYP are suggested to bring their identity card with them to participate in the said camp.
7. It is mandatory to bring recommendation letter and registration slip for PYP members' nominee to attend the camp.
8. Camp participants will be provided Ashram based food and accommodation. Please, don't expect special food and accommodation.
9. All participants are suggested to reach PYP-II and to receive their room key up to 6 pm before one day of camp beginning and deposit their room key before 6 pm on final day.
10. All participants will be served food from one day earlier of camp initiation to evening hour of final day.
11. Participants are suggested to reach PYP-II on their own to attend the camp.
12. Donation paid for the purpose of camp's provision will not be refundable at any cost.

### **FACILITIES AVAILABLE AT CAMP**

#### **Lodging:**

Honorable members will be accommodated in two bedded A.C. rooms. Similar facilities will be provided to the persons donating Rs. 7000/-, while persons donating Rs. 4000/- accommodated, in three bedded Non A.C. rooms. Residence for participants will be allocated in five-floor buildings of PYP-II. Ground floor to fifth floor apartments will be allotted on first come - first serve, basis.

#### **Food:**

During camp Satwic food (non-spicy and digestible food with milk) will be served for participants at free of cost so that participants can have complete benefit and adopt optimal art of living. Besides, all participants will be provided free seasonal fruits and juices as per their disease.

Participants are suggested to accept food available at common mess during camp.

**Sankhprakashalana (Cleansing Therapy) :** During camp, participants will practice Sankhprakashalana at no cost as per physician's prescription.

### HOW TO APPLY

1. Applicant must send the registration form duly filled in all respects along with a self addressed envelop to H.R.& Finance- Patanjali Yogpeeth, Haridwar, Uttarakhand. The Applicants applying on payment/ donation basis should enclose a demand draft of Rs. 7000/- for A.C. accommodation or Rs. 4000/- for Non A.C. accommodation. The D.D. should be in favour of "**Patanjali Yogpeeth (Trust)**" payable at any bank branch in Haridwar.
2. The Applicants should write their name, address, phone no. & e-mail ID on the back of the D.D.
3. In case the honorable Member authorizes any other person/ persons on his/ her behalf, a recommendation letter of honorable Member should be enclosed with the registration form of such applicant.
4. In case of recommendation of poor person by Founder/ Patron member or local unit of B.S.T./ Patanjali Yog Samiti, a xerox copy of valid B.P.L. card should also be enclosed with the form.  
**Note:-** The poor person should carry his/ her valid B.P.L. card in original, while coming to take part in the camp
5. If the name of an applicant is registered for the camp as per camp's capacity on receiving the D.D. or other above mentioned documents with prescribed form, his/ her registration No. will be conveyed to him by post/ phone. A person coming in the Camp without registration will not be entertained.

### PERSONS NON-ENTITLED FOR REGISTRATION

1. Children below five years of age.
2. Very aged & those who are unable to perform their daily activities without attendants.
3. Those, who can't walk one kilometer distance or climb double story.
4. Those, who are infected with viral diseases or T.B. etc.
5. Persons having no faith in our principles.
6. Ill tempered, rash & mischievous persons.
7. Persons addict to smoking & drinking, though, are not eligible to participate, albeit, those who have strong will power may take part, while shelding their bad habits from the very first day of camp to be held in holy presence of H.H. Swamiji Maharaj. We assure them that they will automatically attain divine energy by Pranayam & Meditation that helps them to adopt a healthy life style, away from bad habits.

### NECESSARY ARTICLES AND THINGS FOR PARTICIPANTS TO CARRY WITH

All participants should carry following articles and things for attending the Camp :-

- a. Two pieces of clothe-sheet (one for use as a bed sheet and another as a sheath)
- b. *Kurta Payajama* for male and *Salwar Suit* for female to wear in training sessions.
- c. Light mat for sitting, Diary, Pen, Water Bottle, and other essential items of daily use.

**Note :** (1) Yoga Dress, mats and diary etc. will also be available at reasonable prices, in Patanjali Yogpeeth.  
(2) Participants are advised not to carry costly items like Jewelry and Children with them.

### \* DAILY ROUTINE/ TIME TABLE \*

1. Rising, Toilet/Bath etc.	4.30 am to 5.30 am
2. Morning Session of Yog Training ( Exercise of 'Asan', 'Pranayam', 'Partyahar', 'Dharna', 'Dhayan' and 'Samadhi')	5.30 am to 7.30 am
3. <i>Yajna</i>	7.30 am to 8.30 am
4. Breakfast	8.30 am to 9.30 am
5. Useful Sermons on 'Ashtang Yog', 'Health' and 'Life Style'	10.00 am to 11.55 am
6. Lunch	12.01 pm to 1.00 pm
7. Rest	1.00 pm to 5.00 pm
8. Toilet/Bath etc.	5.00 pm to 6.00 pm
9. Evening Session of Yog Training ( Exercise of 'Asan', 'Pranayam', 'Partyahar', 'Dharna', 'Dhayan' and 'Samadhi')	6.00 pm to 7.30 pm
10. Dinner	7.30 pm to 8.30 pm
11. Introspection, " <i>Shivsankalp</i> " And Rest	10.00 pm to 4.00 am

**N.B. : All participants being in the state of "Silence" all the time except both Yog Training Sessions of morning and evening must have to lead a life in the spirit of a true "*Sadhak*".**

## Place of Contact For Registration

PATANJALI YOGPEETH-I

Maharishi Dayanand Gram, Delhi - Haridwar National Highway, Near Bahadabad, Haridwar - 249402

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