

SATCHIDANANDA ASHRAM
LYT - Living Yoga Training
108 Yogaville Way
Buckingham, Virginia 23921
434-969-3121-ext...117
lyts@iyiva.org

DRESS CODE

In general, members and guests are advised to wear clean, loose-fitting, modest clothing.

Please wear:

- ◆ White clothes or "dressier" clothes for satsangs and special programs
- ◆ Respectful attire at the Ashram's shrines
- ◆ Appropriate underwear with garments
- ◆ Men must wear shirts

Please refrain from wearing:

- Shorts -
 - during special programs, satsang or meditations (unless covered by a wrap) at the following locations :
 - LOTUS (Light Of Truth Universal Shrine)
 - Chidambaram Mahasamadhi Shrine
 - Guru Bhavan Meditation Hall
- Tight pants or tops, low-cut tops or halters, or mid-riff-revealing clothes
- Short shorts, low-rise pants or mimi-skirts
- Unclean or ragged clothing
- Bikinis

April 2007

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WHAT TO BRING & NOT TO BRING

PLEASE BRING:

All personal items:

- ❑ toiletries (soap, shampoo, dental items etc)
- ❑ mat or large towel for Hatha Yoga
- ❑ bathing suit and beach towel for swimming and / or sauna
- ❑ flashlight
- ❑ alarm clock
- ❑ indoor slippers
- ❑ sandals or slip-on shoes (Because we do not wear shoes indoors - except in the kitchen – bring shoes you can easily remove.)
- ❑ sun hat
- ❑ umbrella;
- ❑ earphones - if bringing a tape or CD player. (Please bring tapes or CD that are spiritually uplifting and support your inner spiritual journey.)

PLEASE DO NOT BRING:

- Alcohol, illegal drugs, tobacco. (Abstention from alcohol, illegal drugs, and tobacco applies on and off grounds during your participation in the LYT program.)
- Any thing that may draw your attention away from your inner journey.
- Pets

Thank you for your cooperation in helping to maintain a yogic environment.