

# What to bring to Yogagurukula

## 1. Yoga Essentials

- Yoga Mat
- Yoga Clothes

## 2. Clothing for Daily Wear

- Comfortable Clothing: Light, breathable clothes for casual wear in hot conditions.
- Layering Options: A light jacket or shawl for cooler mornings & evenings
- Comfortable Shoes: flip-flops, sandals, or lightweight shoes
- Underwear

Note: While we embrace diverse cultures, the village has a traditional approach to clothing, especially for women. In public spaces, we encourage modest attire that covers the shoulders, chest, and knees. This is a sign of respect for our community's cultural practices. We kindly ask that the students avoid wearing clothing that is too revealing, such as sleeveless tops, shorts, or skirts above the knee, particularly in public areas, temples, or during religious events. You may wear normal yoga clothes such as tops, shorts etc in asana practice.

## 3. Personal Hygiene and Toiletries

\*Please note that these items are available to purchase at the shops near Yogagurukula ☺

- Soap/Shampoo
- Bath Towel
- Hand Towel: For personal use after your yoga sessions or after washing up.
- Toothbrush, Toothpaste, and Other Toiletries:
- Hair Tie/Headband

## 4. Sleeping Essentials

- Pillow: A pillow/sheets/blanket are provided, but if you're fussy about your comfort, bring your own.
- Earplugs: If you're a light sleeper, these can help block out noise.

## 5. Philosophy Class Materials

- Notebook & Pen: For taking notes during philosophy classes or discussions.

## 6. Miscellaneous Items

- Water Bottle: there is a water purifier for the students available for refills.
- Flashlight or Headlamp: In case of low light during night time or power cuts.
- Small First Aid Kit: Including band-aids, antiseptic cream, etc.
- Insect Repellent
- Hat and sunscreen

## 7. Tech Items (Optional)

- Phone & Charger: there is a sim card available to purchase at the international airports in India. Please check if your plug will fit the Indian power point.

### **Additional Notes**

- No Hot Water shower available: At Yogagurukula you will experience the simple life with cold showers ☺ It's a great way to stay refreshed, especially after yoga practice!
- No Air Conditioning: There is a ceiling fan in each room.
- No Washing Machine available: You will be hand-washing your clothes, so plan to bring enough for a few days at least. You can purchase the washing detergent at a nearby shop and hang the washing outside.