



Frequently Asked Questions

- 1.** Can I visit only for the day and receive Amma's Darshan?

- 2.** What are the testing requirements for international visitors at the Ashram?

- 3.** How can I know whether my visit request has been accepted?

- 4.** Can I have a private room?

- 5.** What do I need to bring?

- 6.** How to reach Amritapuri?

- 7.** Can I book a taxi to reach Amritapuri?

- 8.** Should I bring cash or is it possible to exchange money or draw money from an ATM machine?

- 9.** What is the daily schedule?

- 10.** What is the ashram dress code?

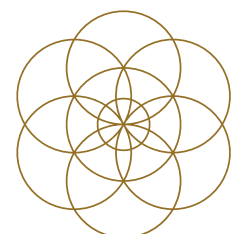
- 11.** What are the services available at the ashram?

- 12.** IAM meditation courses, retreats & yoga classes

- 13.** If I am sick, where can I go for treatment?

- 14.** Is WIFI available?

- 15.** Can I bring my laptop?



1. Can I visit only for the day and receive Amma's Darshan?

Overnight stay at the Ashram is mandatory to receive Amma's Darshan. Amma is coming daily for the evening program which starts at 5pm. On Tuesday, the daily schedule might change sometimes in case Amma comes out in the morning and gives prasad lunch.

If you want to visit just during the day, without staying overnight, please check in at the International office to get a day pass. No need to pre-register in this case.

2. What are the testing requirements for international visitors at the Ashram?

Covid testing is currently suspended - but this is subject to change without prior notice.

3. How can I know whether my visit request has been accepted?

Once you have submitted your online form, you will be sent an automatic reply from the International Office confirming that we have received your request to visit. If there are any issues with your application, we will let you know.

4. Can I have a private room?

We will certainly do our best to accommodate your needs but we cannot guarantee single room availability at this time.

5. What do I need to bring?

- Universal adapter for your electrical devices (phone, laptop, tablet, electric shavers, etc.)
 - Earplugs (not available locally) and any nutritional supplements and medicines that you may need, as those items may not all be available at the ashram.
 - Most of the basic necessities (sheets, pillows, mattresses, and cleaning supplies) are provided by the ashram. Clothing, shoes, toiletries, meditation cushions, household necessities and many food options are available at the ashram.
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6. How to reach Amritapuri?

The two closest airports are in Trivandrum (Thiruvananthapuram) (120 km south of Amritapuri) and in Cochin (Kochi) (160 km north). The ride from Trivandrum takes about 3 hours. From the Cochin International Airport, the drive takes about 4 hours.

If you are coming by bus or by train, Kayamkulam (12 km north of Amritapuri) and Karunagappally (10 km south of Amritapuri) are the major cities to reach. From there, take an auto-rickshaw (Fare is about 350 - 450) to Parayakadavu. (Ask the driver to take you to "Amritapuri Ashram seaside.")

7. Can I book a taxi to reach Amritapuri?

Yes it is possible. However, we take taxi bookings only from the 2 nearby Airports of TRV and COK. You can opt for a taxi when you register or you can email internationalvisit@amritapuri.org with a copy of your ticket at least 72 hours before your arrival. Usage of Whatsapp is a must - we send driver details last minute when you are in your transit airport. You will have to call the driver when you are ready to get out of the airport and the driver will drive up to the curbside in 10-15 minutes.

The other option is for you to take an airport pre-paid taxi.

8. Should I bring cash or is it possible to exchange money or draw money from an ATM machine?

We suggest that you bring some cash and exchange at minimum the equivalent of \$150-\$200 US dollars into rupees upon arrival at the airport as the ashram bank might not be open when you arrive. Later you can exchange money at the ashram bank. You will need extra passport and the visa paper photocopies for this transaction.

You can also bring an ATM card and/or credit cards but check with your bank on charges for international cash withdrawals. The ashram ATM only accepts visa debit/credit cards for cash withdrawals. For other cards, you can withdraw from the bank counter but they charge 2%.

The ashram only accepts cash rupees for payments.

9. What is the daily schedule?

4:50 - 6:10 a.m. Chanting of the Lalita Sahasranama (Archana -1000 Names of the Divine Mother)

6:30 -9:30 Personal time (meditation, reading, yoga...)

7:15 – 8:00 Scriptures class – from Wednesday to Saturday (times/ locations change)

8.30 – 9.30 Breakfast

9:30 – 12:30 Seva or other activities – check out our Activity Center for more details.

12:30 – 1:30 Lunch service

2:00 – 4:30 Seva or other activities – check out our Activity Center for more details.

4:30 – 9:00 p.m. Evening program with Amma: meditation, satsang and bhajans (devotional singing) with Amma and possible darshan.

After the evening program : Dinner

10. What is the ashram dress code?

Visitors are humbly requested to respect local norms and customs by wearing modest clothing (loose-fitting, non-transparent clothes that cover the body from ankles to elbows). A wide selection of comfortable, lightweight clothing is available at the ashram.

11. What are the services available at the ashram?

- Bank, ATM machine
 - Indian general store
 - Juice stall (fresh juices & fruits)
 - Allopathic medical hospital and pharmacy
 - Phone Booth
 - Laundry service
 - Libraries for children and adults (with spiritual books in various languages)
 - Photocopy/Fax
 - Swimming pool
 - Western and Indian canteen, Western Café.
 - Information Centre
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12. IAM meditation courses, retreats & yoga classes

The ashram offers IAM meditation classes: created by Amma, the IAM technique is a unique blend of yogic stretches, breathing exercises and meditation.

The ashram also offers Amrita silent retreats. The retreats vary in length and emphasis to fit a broad range of interests and include more comprehensive training in yoga asanas, meditation classes, seva –selfless service or karma yoga–, and yoga philosophy lectures).

Yoga morning classes are also offered for both women and men. You can bring your own yoga mat and any props you have. Please dress in modest clothing. If you wish to attend the classes, you can get a yoga card at the Amrita Yoga/Silent retreat Office after you arrive at the ashram.

For more information, please see our following websites:

www.iam-meditation.org, www.amritasilentretreats.com,

www.amritayoga.com, or write to their respective emails:

iam@amritapuri.org, info@amritasilentretreats.com

13. If I am sick, where can I go for treatment?

There is the Amrita Kripa Hospital in the ashram premises. It is a small dispensary which offers primary care for basic issues. For specialized treatments, there is the Amrita Institute of Medical Sciences (AIMS) at Kochi (3 hours from the ashram), which offers a full range of primary & specialty care. For more information, visit <https://amritahospital.org>

14. Is WIFI available?

No Wifi is available at the Ashram. You will need to have a functioning SIM card during your visit to Amritapuri in order to receive important updates, changes to Amma's program and Darshan schedule that we send via whatsapp. If you have an International Data Roaming plan, then you do not require a SIM to be purchased in India - but do note that such plans are usually much more expensive than a data plan with an Indian SIM card. Please check the rates of an international data roaming plan with the service provider in your country before opting to use your international SIM in India.

We highly recommend that all new arrivals get an Indian SIM card in the airport when they arrive as it is the most convenient way to get one. However, if for some reason you cannot get a SIM card at the airport upon arrival, you can get one at the phone booth in the ashram but the process may take at least a day.

As of now, Keep in mind that you cannot purchase a SIM card at the Trivandrum airport. SIM cards can only be purchased in the International Terminals of the Cochin, Delhi, or Mumbai airports. SIM cards are not available in the domestic terminals.

15. Can I bring my laptop?

If you bring your own computer, please note the following: be aware that the electrical current available in the Ashram is subject to surges and

spikes. Without a voltage stabilizer, we cannot guarantee the safety of your electronic device. A certain number of laptops have been damaged when visitors have plugged them directly into the wall socket without the additional protection of a voltage stabilizer. This item is available for purchase at the ashram. On the other hand, people charge their Smartphone in their rooms without this additional protection. It is rare for people to have issues doing so. Be aware that in India, domestic power supply is at 220 V, 50 Hz.

For more questions about the ashram life, you are welcome to write to the Amritapuri Information Center at inform@amritapuri.org
