



## Ishwardas Chunilal Yogic Health Centre

# KAIVALYADHAMA

Where Yoga Tradition & Science Meet

43, Netaji Subhash Road, Marine Drive, Mumbai-400 002.

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Website: www.yogcenter.com • Email : kdhamyogcenter@gmail.com

Follow us on: @kdhammumbai/icyhckadhamumumbai

### Information on the Yoga Membership Program

#### 1) TIMINGS

Kaivalyadhama front office is open six days a week, Monday to Saturday, 6.30 am to 7.30 pm.

Selfpaced Yoga Class Timings:

	MORNING	EVENING
Men	6.30 a.m. to 10.00 a.m.	4.30 p.m. to 8.00 p.m.
Women	6.30 a.m. to 10.00 a.m.	3.30 p.m. to 8.00 p.m.
Daily Practice Duration	45 minutes to 1 hour during above mentioned period	

Teachers Lead Group Class:

MORNING	6.45 a.m. to 7.45 a.m.	8.00 a.m. to 9.00 a.m.
EVENING	4.45 p.m. to 5.45 p.m.	6.00 p.m. to 7.00 p.m.

Medical Consultation Timings : 6.30 a.m. to 6.30 pm (by appointment)

#### ACTIVITIES

- Weekend Yoga class is held on Saturday and Sundays between 7.00 am to 8.30 am.
- Intensive Yoga group classes at 10.15 am for one hour from Monday to Friday .
- Mixed group class at 11.30 am for one hour from Monday to Saturday.
- Obesity group class at 10.30 am for one hour on Monday, Wednesday and Friday.
- Attend a free guest lecture on every fourth Friday-of the month at 6.00 pm.
- Every Thursday 6.00 pm. Antarang Yoga session by management faculty. (On request if a group is formed).
- All Workshop /Lecture /Courses etc are displayed on the notice board and are also updated on our website.
- Home visit for Yoga Consultation by our doctors can be availed at ₹1500/- per member/per visit.
- A introductory lecture on the basics of yoga is held once a month on the first Wednesday starting 6.00 pm.
- This lecture is a must for all new members.
- Week long workshop every month on various topics.

**Office remains closed on Sundays and listed holidays, Please call for any other information**

#### 2) YOGA MEMBER GUIDELINES

- Kaivalyadhama offers various types of classes. One on one, a teacher supervised self-paced class, demo group class, a teacher lead group class. These classes are intended for members who wish to have a gradual introduction into yoga or being advanced practitioners wish to practice their own sequence of asanas.
- To attain best results, it is recommended that one attends yoga classes for at least three months continuously.
- Kaivalyadhama has a team of qualified Ayurveda & naturopathy doctors and upon renewal of membership a free medical consultation is provided.
- Members are provided an RFID swipe card which must be swiped at the entrance of the institution when entering and leaving the premises every day.
- Members are requested to bring a body length towel and a napkin with them.

Dress code : **GENTS** - Short Pant/Pyjama Kurta/Track Suit/T-Shirt & **LADIES** - Punjabi Dress/Track Suit

#### 3) ADMISSION PROCEDURE

- Admission can be done on any working day and it is Compulsory for all Category
- For admission one should get an appointment fixed at the front office and pay the admission charges and membership fee before joining. Medical consultation is mandatory before joining.

#### 4) FEES

- The one time admission fee is ₹ 700/- valid for 2 months if not joined.
- The fees for Intensive Yoga group classes is ₹ 1500/- per month & Obesity group class is ₹ 2000/-

Category	Monthly	Quarterly	Six Monthly	Annually	Life
General Membership	1250	3500	6600	12500	75000
Children up to 16 years	625	1750	3125	6250	75000
Students below 26 years (Id card)	1100	3000	5625	11000	75000
Senior citizen 60 years or above (Id card)	800	2050	4100	8000	70000

Monthly membership for Mixed group class fees is ₹ 1500/- Weekend Class fee is ₹ 1000/- per month

\*Get 5% discount on life membership if two or more members of the same family take admission on the same day

\*Get 5% discount on group booking of 5 or more members

- Member who wish to re-join the health centre after a break of two months or more, have to pay the admission fee again & no grace period will be considered.
- Fees once paid, will neither be reversed, transferred nor refunded under any circumstances, even on medical.
- Late Fees:** The monthly membership fee should be paid on due date. In case of failure, a late fee of ₹ 50/- will be charged after 10 days of the due date irrespective of the category of the membership.
- Membership will start from the date of payment of fees and be renewed on the same date each month.
- Students & Senior citizen must bring ID card as proof to avail concession.**  
If the membership booklet or RF Card is lost or is renewed, then one will be issued on a payment of ₹ 50/-
- Payment :** By cash, cheque or card. **Cheques to be drawn in favour of 'I.C.Y.H.C. Kaivalyadhama Trust'**
- Workshop Registrations:** Online Payment facility available on link : <http://yogcenter.com/workshop>

Avail home tuition / one on one personal class by our certified and experienced teachers at ₹ 800/- per session per person. For more details refer home tuition brochure.

**Note : Cheque to be drawn in Favour of KAIVALYADHAMA ASHRAM.**

LOCKER FEES	Good News... You can use!!	GROUP CLASSES (20 TO 25 MEMBERS)
LOCKER DEPOSIT ₹ 200/- (Refundable)	Avail Naturopathy and Ayurveda facilities (CONSULTATION & THERAPY) at our Mumbai & Lonavala center all 7 days a week by appointment.	2 days per week ₹ 10,000/- per month
LOCKER RENT ₹ 100/- (per month)		3 days per week ₹ 12,500/- per month
<b>Renewal fee if not within 10 days of expiry, vacating process will be initiated</b>		4 days per week ₹ 16,500/- per month
		5 days per week ₹ 20,000/- per month
		6 days per week ₹ 25,000/- per month

YOGA COURSES			
	Batches	Duration	Period
Yoga Instructor Course	3	4 Months	FEB - MAY / JUNE - SEP / OCT - JAN
(YIC) Weekend Course	2	6 Months	JAN - JUN / JUN - DEC
Yoga Teacher Course	1	9 Months	MID OCT - JULY
(YTC) Weekend Course	1	12 Months	MID OCT - OCT

#### Kaivalyadhama's Other Centres In India

**MUMBAI (SION-W):** Shreevallabh Shiksha Sangeet Ashram, Plot No. 6, Swamy Shree vallabhdas Marg, Sion (West) Mumbai. Phone: 24072502 / 24074477

**LONAVLA :** S.M.Y.M. Samiti Kaivalyadhama, Lonavla 410403 • Telephone No. 02114 - 273039 / 273001 Fax: 02114-277402/271983 • E-mail: info@kdham.com • Website: www.kdham.com

**FOR A COMPLETE INDOOR TREATMENT IN A NEAT, CLEAN AND HEALTHY ENVIRONMENT WITH HEALTHY FOOD FACILITY**

**Please Contact or Write to Kaivalyadhama S.A.D.T. Gupta Yogic hospital & Health Care Centre, Lonavla 410-403**

**RAJKOT :** Kaivalyadhama Saurashtra Mandal, 15 Vijay Plot Corner, Gondal Road, 360 002 • Tel. No. 0281-2458510

**NEW DELHI :** Kaivalyadhama Yoga Institute, D-229, Defence Colony, New Delhi - 110024 • Tel. No. +91 9910012687 • Email: kdhamdelhi@gmail.com

**JAIPUR :** Kaivalyadhama Jaipur, C-5/5 Chitrakoot Scheme, Near Step by Step School, Vaishali Nagar, Jaipur - 302021, Rajasthan. Tel. No. +91 9820273334 • Email : kdhamjpr@gmail.com

**Bhopal :** Kaivalyadhama Yoga Prashikshan Kendra, 501, Phase - I, Rohit Nagar, Behind Sate Bank of India, Bawadiya Kala, Bhopal - 462039 Tel. No. 94249 33425 • Email : bplkdham@yahoo.com / kdhambpl@gmail.com