

HI Khajuraho FAQ

General

Q: Where will I meditate?

A: The Sadhana Chamber and Maha Mandapa of the Sri Vidya Shrine are available for seated meditation. There are also ample lovely spaces outside the Shrine itself (throughout the campus) where you may be inspired to do your meditation practice.

Q: Where can I do my personal yoga (asana) practice?

A: Guests are welcome and encouraged to take advantage of the numerous serene spaces located throughout the Hi Khajuraho campus for their personal yoga asana practice. Some of these spaces include: the main outdoor pavilion/lecture space (when not in use for scheduled gatherings); several covered verandas, porches and easily accessible rooftops of campus buildings; and a large area on the upper level/roof of the Shrine, adjacent to the Havan Kund (during non-havan/fire ceremony events).

Q: What is there to do with free-time outside of my program's scheduled lectures, practices, satsangas, etc.?

A: Your time spent at our HI Khajuraho campus offers a thoughtful and intentional balance of organized as well as independent opportunities for study, reading, journaling, walks in nature, contemplation and scheduled group activities.

There are several interesting walking routes in the area and on campus which you may take advantage of, including the Siddha Baba hike, the palace walk, and a nature loop through the surrounding forest preserve.

Our campus is also the perfect place for walking, bird watching (more than 46 species of birds, including some endangered ones, have been identified on our campus), drawing, photography, and watching for monkeys and nilgai in the nearby hills. The exact amount of free-time available varies depending upon each program-specific schedule.

Q: How many people will be on campus when I'm there?

A: Depending on the length of your stay, the time of year, and which specific program you are attending, the number of sadhakas (practitioners) on campus at any given time can vary from approximately 4 to 25 during Personal Sadhana Retreats, or as many as 40 or more during larger HI-hosted programs.

Q: What's the weather like in Khajuraho?

A: The weather in Khajuraho varies greatly throughout the year. Please refer to the information below to assist you with your packing plans.

Summer (April through August): The summers are hot with temperature ranges from 80° F (27°C) to 118° F (48°C) or higher. The dry heat period is April through June, and humid heat is July through September

Monsoon (rainy season): Monsoon generally begins in early July and lasts until September. This period is characterized by heavy rainfall and frequent bouts of drizzle. The temperatures usually remain high.

Peak Season (October through mid-late March): By the end of September, the monsoon is generally over and the summer heat gradually begins to decline. October through mid-December, and mid-January through mid-March are generally considered the peak time to visit Khajuraho, with warm, sunny conditions. Winters are generally brief, from mid-December through mid-January with temperatures dropping as low as 40° F (4° C) overnight, and daytime highs in the 60s and 70s. Highs in October and March may reach 90° F (32° C) or more.

Q: How can I prepare for my time in Khajuraho?

A: To help prepare for and make the most of your time in Khajuraho, we recommend spending quality time in the weeks leading up to your program/Personal Sadhana Retreat considering and shaping your core intention for committing to this special opportunity. We also suggest devoting some purpose-driven attention to refining or reigniting your daily meditation practice.

Additionally, for a more in-depth background on Khajuraho, [Pandit Rajmani Tigunait, PhD](#), [Swami Rama](#) and the Himalayan Tradition, we invite you to read the following Himalayan Institute publications (as inspired): [Living with the Himalayan Masters](#), [At the Eleventh Hour](#), [Touched by Fire](#), and [The Himalayan Masters. A Living Tradition](#).

These two articles, written by Pandit Rajmani Tigunait, PhD, may also be of interest:

- [“Khajuraho, India: Where the Sacred and Mundane Merge”](#) by Pandit Rajmani Tigunait, PhD
- [“The Mysterious World of Khajuraho”](#) by Pandit Rajmani Tigunait, PhD

Travel, Passport, Visa

Q: Do I need a passport or visa to travel to India?

A: Passports *and* visas are *required* for travel to India. Each individual participant is responsible for obtaining his/her passport and visa. Passports must be valid for at least six (6) months *after your return date* from India. It is also recommended that you have at least 3 blank pages in the back of your passport.

**Additional details about passport and Indian visa requirements can be found in the Travel Packet that participants receive upon registration approval.*

Q: Where do I apply for my visa?

A: U.S. citizens can apply for an eVisa (recommended over paper visas) through the [Government of India website](#). Please note that according to the [Consulate of India website](#), **the Embassy of India and its Consulates in the USA do not recognize any other agency to provide visa services. Therefore, ***your application for eVisa should be submitted directly and only through this official government website.*****

Indian eVisas can be obtained for a period of 30 days, 1 year, or 5 years. In addition to filling out the visa application form, you will also be required to upload a passport-specific photo as well as a photocopy of the bio page of your passport. **Please be certain your passport is signed where indicated.** For greatest ease in completing your visa application correctly, **we strongly recommend reviewing the sample visa application form before beginning your application.** View the sample visa application form [here](#).

Note regarding paper visas: If you choose to apply for a paper visa, you will be required to submit your physical passport by mail along with the visa application. This process can take substantially more time than the eVisa process as well as be more prone to delays.

Non-U.S. passport holders: Participants residing outside of the continental U.S., please check with your local Indian consulate for specific visa requirements in your country of residence.

**Additional details about Indian visa requirements and the application process can be found in the Travel Packet that participants receive upon registration approval.*

Q: How do I get to India?

A: All participants are responsible for getting to India and to Khajuraho on their own. From the United States: Many U.S. and international airlines offer flights to [Indira Gandhi International Airport](#) in New Delhi, India. On the East Coast, a good number of flights depart from or connect in New York (JFK) or in Newark, NJ (EWR). Other major airports throughout the U.S. also offer flights to India. A number of flights stop in Europe where passengers change planes to a new flight number. Check with one of the online providers, airlines, or your local travel agent for the flights most convenient for you.

From other countries: Numerous flight options to/from Delhi from other countries around the globe are available. Depending on the departure city, many flights from Europe are non-stop to Delhi.

***Note: Please review your flight itinerary details carefully before finalizing your booking; specifically, be sure to make note of your actual arrival date in New Delhi.** Oftentimes (especially if traveling from the U.S.) due to crossing several time zones, **your flight arrival date in Delhi may be 1-2 days later than your actual departure date from the U.S.** Paying close attention to this will help to avoid possible confusion and errors when booking your onward domestic flight to Khajuraho as well as hotel reservations, etc.

**Additional details and recommendations regarding flights, airport transfers, etc., can be found in the Travel Packet that participants receive upon registration approval.*

Q: Will someone from the Himalayan Institute meet me when I arrive in Delhi?

A: Arrival into and transit through Delhi onward to Khajuraho is on your own. It is common to arrive in Delhi after the last flight to Khajuraho has departed that day. If this is the case for you, you will need to make arrangements for an overnight stay in Delhi while you wait to depart on the next day's flight to Khajuraho. We recommend booking your overnight accommodation in advance of arrival to Delhi.

Q: How do I get from Delhi to Khajuraho and back?

A: It is strongly recommended that you book your domestic (within India) flight to Khajuraho as a round-trip ticket (Delhi-Khajuraho-Delhi). Unlike the U.S., Europe and other countries, airline carriers' schedules and serviced routes within India can fluctuate in availability year to year. Flights on this route are typically scheduled once to twice daily. The direct flight from Delhi to Khajuraho is approximately 1 ½ hours. **Participants are advised to book their domestic (within India) flights as soon as possible, as these flights can sell out quickly.**

Q: Can I check my luggage all the way through to Khajuraho via my international flight?

A: No. All international flight passengers arriving to India as their final destination must first go through Immigration and proceed to their flight's assigned baggage claim area to collect their checked-in luggage before then proceeding through Customs and onward to their connecting domestic flight, hotel, etc.

**Additional details about your international arrival to India and Indira Gandhi International Airport can be found [here](#).*

Q: Will I have to change terminals between my international flight into Delhi and my domestic flight into Khajuraho?

A: Depending on the airline(s) with which your flights are booked, **it is highly likely you will need to change terminals between your international and domestic (within India) flights.** Indira Gandhi International Airport consists of **three terminals**, often referred to as “T1” (Terminal 1), “T2” (Terminal 2), and “T3” (Terminal 3). T1 and T2 are typically used for domestic flights (within India) on budget carriers (IndiGo, SpiceJet, etc.). Currently, all international flights operate out of T3; and some domestic (within India) flights may also operate out of T3.

Q: How do I transfer between terminals at Indira Gandhi International Airport?

A: If you do not plan to leave the airport between flights and need to transfer between terminals, a complimentary airport shuttle is available; alternatively, you may prefer to take a taxi for greater convenience. *Note that although the airport shuttle between terminals is complimentary, it is usually very crowded, takes more time and can be somewhat unreliable. It is not recommended for tight flight connections.*

Inter-Terminal Transfer by Taxi: Reputable, well-known taxi companies (often referred to as “radio taxis”) include Meru Cabs, Mega Cabs and Easy Cabs. Uber and Ola are also generally available. **Note that you will need to pre purchase your destination ticket at the company-specific kiosk once you’ve exited the terminal and prior to entering the taxi. As you exit the airport terminal upon arrival, you may be approached by several people offering you their taxi services. Please do not take a taxi with any of these unofficial taxi service offers. We strongly advise against taking any taxi for which a prepaid ticket has not been purchased from the official kiosk.**

Inter-Terminal Transfer by Shuttle: Look for signage just past baggage checkpoints to assist you in locating the **Inter-Terminal Transfer Counter** where **you must present identification and boarding pass to receive a complimentary boarding ticket.**

**Additional information regarding using the shuttle or recommended taxis for transfer between terminals at Indira Gandhi International Airport can be found [here](#).*

Q: Where can I stay overnight in Delhi?

A: There are a range of accommodations available in Delhi, some of which include various airport lounges and one hotel within the actual international terminal (T3), [Holiday Inn Express New Delhi Int’l Airport T3](#), as well as nearby airport hotels in Aerocity, and hotels located in the city (farther away from the airport). **Advanced reservations are recommended for all of these options.**

Note regarding Holiday Inn Express New Delhi Int’l Airport T3: Accommodations booked for this Delhi transit hotel have **very specific requirements** due to being located within the actual airport terminal. **Please review the “About Our Hotel” section of their website carefully** and book accordingly. Contact our HI Excursions Team if you would like additional guidance with booking this accommodation option.

**Additional details and recommendations regarding overnight accommodation options can be found in the Travel Packet that participants receive upon registration approval.*

Q: How do I get from Indira Gandhi International Airport to the hotel I booked for my overnight stay in Delhi?

A: Metered taxis are available at the international arrivals area of Indira Gandhi International Airport, after you exit the airport. Reputable, well-known taxi companies (often referred to as radio taxis) include Meru Cabs, Mega Cabs and Easy Cabs. Uber and Ola are also generally available. One-way fares range from INR 500 to INR 1000 depending on the taxi hired and hotel location. **Note that you will need to pre purchase your destination ticket at the company-specific kiosk once you've exited the terminal, and prior to entering the taxi.** Some Delhi hotels may offer transfers to/from the airport at no charge or for a fee; inquire when you make your room reservation.

TIP! We recommend also making a note of the Indian phone number for your hotel/destination so that in the case of any confusion locating it, you can share this with your driver who can then call the hotel/destination for clarification of directions as needed.

**Additional information regarding taxi service from Indira Gandhi International Airport can be found [here](#).*

Q: How do I get from my Delhi hotel back to the airport?

A: Taxis are often readily available at Delhi hotels or the hotel front desk will be happy to arrange for a taxi to take you to the airport for your flight. **Please be sure to allow ample time for your transit back to the airport** (including extra time for possible traffic jams or other common delays), so that you **arrive at the airport at least 3 hours before the scheduled departure time for your domestic (within India) flight, and at least 4 hours before the scheduled departure time for international flights.**

Q: How early can I arrive at airports in India?

A: While it is recommended you arrive at airports in India at least 4 hours before the departure time for international flights and 3 hours before domestic flights, it is important to note that (unlike U.S., European and other airports around the world), **airports in India generally do not allow ticketed passengers to enter the airport more than 4 hours before their international flight's departure time. If you arrive at the airport more than 4 hours before your flight's departure time, you may be denied entry.** We therefore recommend planning accordingly.

TIP! Be prepared to provide your passport and confirmed ticket information/boarding pass for entry into all airports within India. Failure to provide this may result in being denied entry.

Q: How do I get from Khajuraho Airport to the HI Khajuraho campus? Will someone from the Himalayan Institute meet me at the Khajuraho Airport upon arrival?

A: Participants of group programs will be greeted by an HI Khajuraho representative upon arrival at the Khajuraho Airport **on the group's scheduled arrival date**. Organized group transfers to/from the Khajuraho Airport and the HI Khajuraho campus are included in the cost of your program. *Subject to arriving/departing on the specified group arrival/departure date and at the specified group arrival/departure time(s).

***Note: Private airport transfers outside of scheduled group pickup/dropoff dates/times are *not* included in the cost of group programs and are payable at the participant's personal expense.** Please contact us directly to make arrangements **in advance** as needed.

For **Personal Sadhana Retreats** booked for one week or longer, transfer to and from the Khajuraho Airport is included in the cost of your stay. An HI Khajuraho representative will greet you at the airport upon your arrival. **Subject to submitting your **domestic (within India) flight arrival to Khajuraho** information to the HI Excursions Team in advance and **by the requested deadline**.*

Q: Do I need to arrive at the HI Khajuraho campus a day before the program start date and/or depart a day after it concludes?

A: No. It is not necessary to add an additional travel day on either side of your scheduled program dates for group programs taking place at HI Khajuraho. Travel days have already been included and built into the program itinerary. If you'd like to arrive or depart outside of the program's scheduled start/end dates, an extended stay may be possible at an additional cost and can be arranged in advance by contacting us (**subject to availability*).

Health

Q: What immunizations do I need?

A: The Himalayan Institute's Tour Operator policy for travel to India currently follows guidelines as outlined by the Government of India. Please be sure to check the official websites for the [Center for Disease Control](#) and [World Health Organization](#) for their list of required as well as recommended vaccines for travel to India. "Recommended" vaccines are optional and the decision to get them is a personal choice. We encourage you to discuss immunization with your doctor.

Q: Are there natural ways to support my health before going to India?

A: Himalayan Institute [Chyawanprash](#), as well as our signature herbal supplements, [Alchemy in Action](#), are both highly recommended in preparation for your journey to India, and anytime.

Chyawanprash

Described in ancient Ayurvedic texts, Chyawanprash is a synergy of specifically selected herbs and fruits in a nutritive tonic. The principle herb Amla (Amalaki) is one of the world's most concentrated naturally occurring sources of antioxidant Vitamin C. A spoonful a day of this 2,000 year old formula is a tasty way for people of all ages and constitutions to nourish mind and body, while supporting healthy immune function.

**Take it regularly for several weeks before your departure to strengthen and build your immune system.*

[Learn more and purchase here](#)

Alchemy in Action

Based on the knowledge gathered from the alchemical tradition of Ayurveda—known as *rasayana*, as well as Siddha medicine, Traditional Chinese Medicine, and Unani medicine, the Himalayan Institute's Alchemy in Action signature line of herbal supplements rests on the principle that a skillfully composed union is greater than the sum of its parts. This is the starting point for our formulations, as the alchemy emerging from the union of these intentionally-curated herbs is qualitatively much greater than what the active ingredients of the herbs themselves represent.

Alchemy in Action is a trio of herbal supplements designed to recharge your body and mind, bringing an immediate yet lasting impact on your overall well-being.

- [Spanda Gold](#): Reduce occasional inflammation from overexertion and the normal stresses of daily life. *Key ingredients: Turmeric extract (Curcuma Longa) root, Moringa (Horseradish Tree) extract (Moringa Oleifera) leaf, Black Pepper extract (Piper Nigrum) fruit, Ginger extract (Zingiber Officinale) root*
- [Clear Being](#): Enhance your body's natural capacity for cleansing. *Key ingredients: Fenugreek extract (Trigonella Foenum-graecum) seed, Ajowan extract (Trachyspermum Ammi L.) seed, Caraway extract (Carum Carvi) seed*
- [Vibrancy Now](#): Revitalize your body and mind with this master formula designed to replenish energy and inspire your system to naturally rejuvenate itself. *Key ingredients: ashwagandha extract (Withania Somnifera) root, Bacopa extract (Bacopa Monnieri) whole plant, Arjuna extract (Terminalia Arjuna) bark, Boerhavia extract (Boerhavia Diffusa) whole plant*

[Learn more and purchase here](#)

**The statements made here have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. If taking any medication, consult with a healthcare practitioner before using these products. Do not use during pregnancy or lactation unless recommended by a healthcare practitioner. As with any herbal supplement regimen, consider size, age, weight, constitution, and lifestyle as additional guidelines for use.*

Q: Is the water in India safe to drink?

A: **HI strongly advises against drinking regular tap water at any time while in India.** While in transit to/from the HI Khajuraho campus, we recommend purchasing and drinking only bottled (mineral) water with unbroken seals. This includes hotels, airports, restaurants, etc. Once you arrive at our HI Khajuraho campus, you'll have 24/7 access to well water from our groundwater wells that is UV-treated, carbon-filtered, and made available for drinking as well as for filling your water bottle.

Q: Can I brush my teeth and do neti with the tap water in India?

A: When in hotels, bottled water is recommended for brushing your teeth *and* rinsing your toothbrush. Once on campus in Khajuraho, we generally advise that the tap water in your room is fine for brushing your teeth. Guests with specific health concerns are welcome to use the UV-treated water instead. We recommend using sterile bottled water or UV-treated water in your Neti Pot everywhere while in India, including on campus.

Q: What medicines should I bring with me?

A: If you are taking prescription medication, bring an adequate amount with you. Although some medicines are available in India, their supply and quality are not reliable. Bring homeopathic or herbal remedies or your choice. Consult in advance with your health practitioner regarding other medications and recommendations for known allergies, diarrhea, possible altitude sickness or other general stomach upsets.

Accommodations & Meals

Q: What room options are available for my stay at HI Khajuraho?

A: Room categories at HI Khajuraho include single, double, and triple-occupancy studio rooms with en-suite bathrooms. We also have a few double deluxe suite rooms (double-occupancy) and one quadruple suite room (quadruple-occupancy). Double deluxe suites have one shared bedroom, a shared living room and one en-suite bathroom. The quadruple suite is a shared two-bedroom suite which has two separate bedrooms, a shared living room and one shared en-suite bathroom.

Q: If I snore, what room category should I book during the registration process for my program?

A: Accommodation options for snorers is a single room, if available, or a double room shared with another snorer of the same gender (unless you are coming with a roommate of your choice who also registers separately for the same program). **If you are coming without a roommate and you snore, please let us know when you register, so that we can help you make the best arrangements.**

Q: How do I inform the HI Excursions Team of my roommate request for my stay at HI Khajuraho?

A: During the registration process you will have the opportunity to indicate your mutually prearranged roommate request should you have one. This can be entered into the Roommate Request field of the registration form. If you do not yet have a mutually prearranged roommate(s) at the time of registration, but plan to, you may indicate in the Roommate Request field that you will contact us with this information as soon as you have it. For those who make roommate arrangements after submitting their registration form, please contact us in advance to inform us. **If you do not inform us in advance of your mutually prearranged roommate(s) request, we will pair you with another solo traveler roommate(s) of the same gender.**

Q: I will be traveling alone. Do you assign my roommate(s) at HI Khajuraho?

A: Solo travelers who do not indicate a mutually prearranged roommate choice during the registration process will be paired with a roommate(s) of the same gender. If you have friends traveling separately but registering for the same program dates, and you mutually agree to share accommodations, please indicate their name(s) in the Roommate Request field of your registration form.

Q: I've been to the Himalayan Institute's retreat center in Honesdale, PA, where bathrooms are located down the hallway from your room. Is this what I should expect at the HI Khajuraho campus as well?

A: Unlike our HI Honesdale campus, all guestrooms at HI Khajuraho include en-suite bathrooms.

Q: Is paying for the off-site service my only option for doing laundry?

A: Using the off-site laundry service is optional. You may also choose to simply hand wash your laundry with the buckets provided in your room. Each of our accommodation buildings on campus has ample space and clothespins on the roof for hanging your clothes to dry. While HI does not provide laundry detergent as part of your program cost, we do stock a limited amount of Indian brand laundry detergent on campus that may be purchased as needed (**Indian rupees only**). Alternatively, you are welcome to pack and bring your own from home or purchase it elsewhere in India.

Q: If I forget something essential such as toiletries at home, is there somewhere I can buy them near campus?

A: We have a limited amount of essential items such as soap, toothpaste, laundry detergent, etc. (Indian brands), available for purchase on campus should you forget to pack any of these types of items. Payment for these items must be made in **Indian rupees only** (credit cards, U.S. dollars and other foreign currency cannot be accepted).

Q: What kind of dishes can I expect at mealtimes?

A: Our menu at HI Khajuraho is designed to offer a variety of Indian vegetarian cuisines, including traditional North Indian, South Indian, and Indo-Chinese dishes. Here's a sample typical daily menu that guests enjoy during their stay with us in Khajuraho:

Morning Chai **usually only served during larger HI-hosted programs*

Breakfast

- Cracked wheat cereal and/or a gluten-free cereal option
- Poha – savory flattened rice
- Sides (vary by day, all vegan and gluten free unless otherwise noted): sprouted moong, sprouted chana, besan chilla (savory chickpea flour pancakes), aloo chop (potatoes dipped in a chickpea flour batter and fried) with chutney, vegetable cutlets, namkeen sewai **vegan only* (savory vermicelli noodles with vegetables)
- Fruit
- Milk
- Chai

Lunch

- Rice
- Daal (varies by day, V, GF unless otherwise noted): toor, chickpea, rajma, besan kadhi (GF only), moong
- Subzi (V,GF): chef's choice of varying combinations which can include cauliflower, peas, potato, pumpkin, green peppers, okra, karela, beans, carrots, etc. (varies by day and seasonal availability)
- Yogurt (GF)– cucumber or boondi raita offered 2x/week
- Roti (V)
- Papad (V, GF)
- Raw vegetable salad
- Pickle

Afternoon Chai

- Indian style ginger chai

- Light snack (varies by day): laya (puffed rice), makana (puffed lotus seeds), roasted chana, sweet biscuits

Dinner

- Soups (vary by day, V, GF) – tomato soup, blended vegetable soup, lentil soup, whole moong soup, south Indian sambhar soup, sweet and sour soup
- Vegetable Dishes (varies by day, V, GF) – steamed vegetables, chili potatoes, cauliflower Manchurian, garlic/ginger cabbage, jeera aloo, etc
- Sides (vary by day, V, GF): Idli (south Indian rice/bean steamed cakes), dhokla (steamed savory chickpea flour cakes), dahi vada (GF only), hummus, fried rice, chowmein (V only), lemon rice, tamarind rice, garlic pasta (V only)
- Fruit
- Milk

Q: I follow a special diet and would like to bring a few necessary items with me to Khajuraho. Is there somewhere I can store these items and/or cook my own meals?

A: All of our guest buildings at the HI Khajuraho campus include a small, shared mini refrigerator where guests with special dietary needs are welcome to store items that require refrigeration. All guest buildings are also equipped with a small, shared kitchenette (2-burner stove top and sink) that can be utilized for heating water or other liquids in a saucepan. We ask that guests not cook full meals in these shared kitchenettes and recommend planning accordingly. **If you have questions regarding dietary needs, please contact us to discuss options prior to registering for any program.**

Practicalities

Q: What do I need to bring?

A: A detailed packing list will be provided to registered participants. Here is a general summary (**not complete*) of some of the most common essentials:

- Sturdy walking shoes
- Sleeping bag (during winter months)
- Clothing for layering, including a coat or jacket for warmth on cold nights and mornings
- A separate pair of shoes/slippers dedicated for indoor use only while in the Main Building and Guesthouse
- Any personal yoga or meditation props you'd like to have with you during your stay—Tip! A towel can be used instead of a yoga mat to save space and weight in your luggage
- Soap, shampoo, and other personal toiletries for bathing when on our campuses
- Laundry detergent if you choose to personally wash your laundry by hand
- Prescription medication: be sure to bring an adequate amount; although some medicines are available in India, their supply and quality are not reliable

- Toilet paper will be provided but the quality will differ from what is available in the US. *If you choose to bring toilet paper with you, please ensure it is eco-friendly/biodegradable.* You may also choose to adjust to and practice “elimination management,” Indian style—using water to rinse and a small towel to dry, rather than toilet paper, which often clogs septic systems and toilets.

Things to leave at home:

- hair dryer
- curling iron
- hair straightener
- electric shaver
- iron
- hot water pot
- heating coil
- other similar electrical items
- too much clothing
- non-essential electronics (this is the perfect time to “unplug”)

Q: What’s the culture like and how should I dress?

A: Conservative, clean, loose-fitting, modest attire is appropriate for your stay in India and at the HI Khajuraho campus. Due to cultural customs in India, we request that women refrain from wearing shorts of any length, tops with spaghetti straps, halter tops, tank tops, plunging necklines or backs, and short skirts or miniskirts. Men are asked to refrain from wearing muscle shirts. In general, shirts and footwear should be worn at all times (both inside and outside)—with the exception being removal of shoes during yoga class, lectures/satsangs, and before entering the Shrine. Please remove “outside shoes” before entering the outdoor pavilion area and all other Institute buildings. Your alternate pair of shoes/slippers designated for indoor use should be worn in the Main Building and Guesthouse. Please do not enter the main dining area barefoot.

Q: Where can I change money?

A: It is important that you change currency into Indian rupees before exiting the customs area at the **Delhi airport**. It is not recommended to wait until you arrive at the Khajuraho airport to exchange currency. ***Traveler’s checks are no longer widely accepted***, therefore, ***plan to bring cash only for exchange***. State Bank of India, near the baggage claim area (across from carousel 14) and before the customs exit, is the recommended and trusted agency for currency exchange in the Delhi airport. **Count your rupees for accuracy before leaving the window and be sure you are given an encashment certificate for your transaction.** Retain this encashment certificate to use for exchanging any excess rupees at the end of your travel.

ATM machines are also available in the baggage claim area and before you exit the Delhi airport. A few ATMs are also located in the town of Khajuraho, but these ATMs can often be out of order or out of money, so it is not recommended that you rely solely on this option for your currency exchange needs. Currency may also be exchanged at a money changer in town. We recommend changing at least \$100 USD before leaving Delhi so that you have cash for incidentals while in transit to Khajuraho.

Q: Can I get a local phone or local SIM card to use in my mobile phone while in India?

A: If you plan to make phone calls or send texts outside of WiFi applications such as WhatsApp, setting up an international calling plan with your regular phone service provider, *prior to departing for India*, is the simplest and recommended approach for securing phone service while in India. Check with your carrier for various international calling plans they offer.

It may be possible to purchase a SIM card at the international arrivals area of Terminal 3 at Indira Gandhi International Airport; however, **they are not always reliable and may not work with your phone**. If you choose to purchase an Indian SIM card, Airtel and JIO provide the best service in the Khajuraho area. We strongly recommend speaking to your local phone service provider *before leaving home* to **ensure your phone is unlocked and compatible for use with SIM cards purchased abroad**. CDMA phones may require additional attention to avoid roaming charges with a local SIM card. **Please check all details with your service provider prior to departing for India.**

Alternatively, a “pay phone” is also available for use while on the HI Khajuraho campus for emergency and occasional calls to home and business. The current rates, subject to change, are:

- INR 1 per minute for calls within India
- INR 8 per minute for calls to the U.S. and Canada
- INR 10 per minute for calls to the U.K.
- INR 10-15 per minute for calls to Europe (varies by country)

Note: *Regardless of the phone service you choose to utilize for your time in India, please note that all phone connections at the HI Khajuraho campus are historically unreliable and generally poor. Phone service in the town of Khajuraho is usually stronger and more reliable.*

Q: How good is the internet connection on campus?

A: Internet service in the area of Khajuraho is unreliable and speeds are not adequate for work purposes, video chatting, sending photos or other large files. We therefore request that you refrain from using the internet for any of these types of activities in order to ensure the best possible access for all guests. On-campus internet services are provided **primarily for brief email checks and check-in texts with family and friends at home.**

Q: Can I visit the town of Khajuraho during my visit to the HI Khajuraho campus, and how do I get there?

A: HI-hosted group programs usually include a scheduled, optional group town trip. You will therefore have an opportunity during your stay on campus to visit the town of Khajuraho on the day of this scheduled trip. If needed, you may also book a taxi to go into town during scheduled free-time. Our HI Khajuraho staff can assist with making your transportation arrangements. The HI Khajuraho campus is located approximately 7 miles (11 km) from the main town of Khajuraho, with a transit time of about 30 minutes.

TIP! Transitioning from a hectic daily routine, combined with weeks of preparation and several days of international travel, into a quiet, meditative atmosphere and lifestyle takes time. To support this process, it is best to have as few distractions as possible in order to establish a strong foundation of inner focus that will enhance your time on campus. Thus, it is highly recommended that participants remain on campus for the first week of their stay. Thereafter, it is helpful to limit off-campus trips to scheduled group activities only, or for necessities; visits to town no more than once per week is suggested. This skillful, intention-filled approach will provide you with the opportunity to participate more fully in and gain the maximum benefit of your program and time on campus in accordance with its primary aim.

Important: Given the remote location of the HI Khajuraho campus, it is not advisable to be off campus after sunset. For your safety when going off campus, we ask that you return to campus before dark. This curfew is in effect whether hiking locally or going to town by car.

Q: Can friends visit me while I'm at the HI Khajuraho campus?

A: In order to maintain the integrity of a meditative atmosphere as well as the continuity and quality of your program experience, we request that you not invite visitors during your short stay at the HI Khajuraho campus. Unexpected drop-ins, vendors and casual visitors will be turned away by the gatekeeper.

Registration

Q: How do I pay for my program at HI Khajuraho?

A: Payment in U.S. dollars by check or credit card can be made to our HI Excursions office in Honesdale, Pennsylvania. By following "register now" links on the webpage you will be directed to our payment portal. Paying by check helps to support the Institute's [Global Humanitarian Projects](#) such as our Total Health Revolution, clean water projects, bringing water wells to villages in need, educational scholarships, tree plantation, and more.

Q: How do I apply and pay for my Personal Sadhana Retreat?

A: To apply for a Personal Sadhana Retreat at the HI Khajuraho campus, please complete the [application](#), letting us know the dates of stay you are requesting and your room choice. Once we've confirmed that your dates are available and your application has been approved, you'll receive a confirmation email from our HI Excursions Team that includes a link to an invoice for your stay. **In order to complete your reservation the full amount is due at the time of your invoice being generated.** The online Application for Personal Sadhana Retreat can be found [here](#). If you are unable to fill out the online form due to connectivity issues, a PDF application can be mailed or emailed to you. Contact us at excursions@himalayaninstitute.org to request a PDF version of the application.

Q: Can my stay in Khajuraho be extended?

A: It may be possible to extend your stay in Khajuraho before or after your scheduled program dates, contingent upon availability of space and prior approval. The rate in effect at the time of request for a pre-approved extension is payable in advance in U.S. dollars, or charged to your credit card in U.S. dollars. Additional travel or other expenses resulting from an extended stay in Khajuraho are to be borne solely by the participant, including private airport transfers to/from the Khajuraho Airport, etc.

Q: Can my stay in Khajuraho be extended after I arrive in Khajuraho?

A: It may be possible to extend your stay after you arrive in Khajuraho, contingent upon availability of space and prior approval. The rate in effect at the time of request for a pre-approved extension is payable in advance and can be paid in India in U.S. dollars or charged to your credit card in U.S. dollars. Additional travel or other expenses resulting from extending a Personal Sadhana Retreat are to be borne solely by the participant.

Q: What if I need to cancel my program registration?

A: Should you need to cancel your registration, **please refer to the Cancellation policy outlined in the Terms and Conditions of your registration form**, and kindly notify us in writing as soon as possible.

Q: Where can I get a downloadable copy of these FAQs?

A: You can [download a PDF version of these FAQs here](#).

Q: I still have questions. Who can I contact?

A: Our HI Excursions Team is happy to answer any further questions you may have. Feel free to contact us:

- Email: excursions@himalayaninstitute.org
- Phone: +1 (800) 822-4547 ext. 5 or +1 (570) 253-5551 ext. 5