



## Shri Jasnath Asan Panchla Siddha

Namaste,

Thank you for your interest in Shri Jasnath Asan's karma yoga program. This is a 500 year old ashram on the edge of the Thar Desert, in a small village named Panchla Siddha. Because we are the oldest spiritual and educational institution in the Marwar region of Rajasthan, we seek to attract residents who can continue to transmit the true wellness knowledge and traditions of our yogi ancestors.

All proceeds from our programs are received by *Shridev Jasnath Trust*, the organizing body behind the ashram. Profits and are used to offer further education and support to people of this region and visitors from abroad.



Visitors from around the world attend our yoga therapy/training & ayurveda programs. The purpose of our karma yoga program is to support the ashram so that it may continue to provide education, spiritual upliftment and a healthy holistic lifestyle for our visitors and the people of the Marwar region. We pay special attention to ecology, and methods of reducing the destruction of our communities' resources and beauty. You can read more about our work at [www.shrijasnathasan.org](http://www.shrijasnathasan.org).

“*Shram* means labour, to work hard. The ashram was developed as a place where you have to work hard on two fronts. You work on the external front, in the kitchen, the garden, the goshala, the factory, doing whatever is required, and at the same time you work on the spiritual front.”

- Swami Satyananda Saraswati

Full article: <http://www.yogamag.net/archives/2008/bfeb08/asli.shtml>

## Qualifications

We are looking for pro-active, positive, healthy applicants who enjoy the peace and tranquility of a working NGO, non-commercial, historical ashram, with some understanding of how communities like this continue to thrive. We provide a nurturing, yogic lifestyle within a busy schedule. We seek volunteers who are happy to contribute their time and talent to work with us in making sure this historical ashram continues to thrive well into the future.

We accept applications from candidates who have demonstrated skill or experience, are willing to stay from 1-3 months between the months of September 1 - April 30, with an initial 10 day probationary period. During the first 10 days, we require 6 hours work daily on a rotating schedule which includes weekends, (within which hours from sick days can be reallocated). During this time you will be positioned in various job sectors so you can learn about campus and the organization. Then you will meet with the Director of Yoga Programs, and the Guru to discuss what Karma Yoga project or work you would like to apply yourself to for the duration of your stay. Sufficient supervision is provided so you may succeed in your chosen task, which requires 21-40 work hours per week, depending on station and which karma yoga track you choose.

We offer unskilled, skilled or leadership opportunities in:

- Gardening
- Property Maintenance (Construction, general upkeep)
- Kitchen
- Education (English, Children, Yoga, Arts)
- Healing Arts (Ayurveda, Yoga Therapy, other)
- Administration (Human Resources, Hospitality/Entertainment, Marketing, Content Development, Translations)

## Job Descriptions

Full job descriptions are available for each of the work stations if you are interested in committing to a leadership position for the full 3 months.

## Daily Schedule

6:00-7:00	Yoga
7:30	Breakfast
8:00	Staff meeting
9:00	Work
12:00	Lunch & Rest
2:00-5:00	Work
5:00-6:00	Yoga
6:15	Dinner
7:00	Puja/Satsang*
10:00	Lights out and gates close

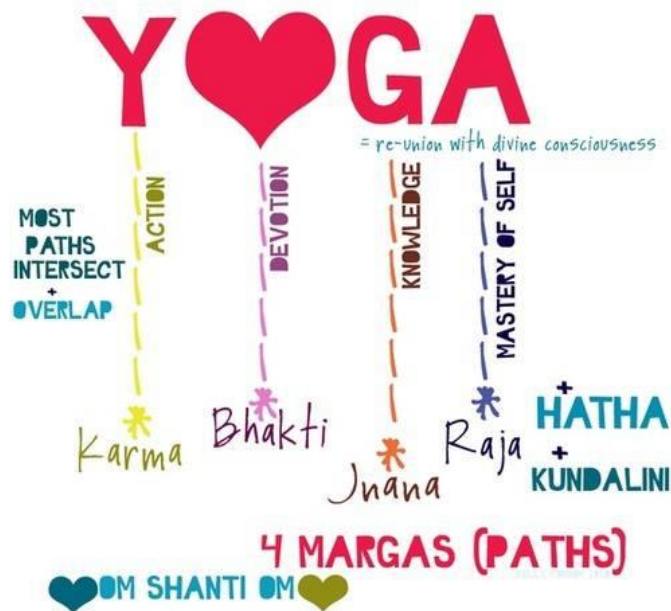
*\*Silence until Breakfast next morning*

### **What we provide for 4+ week stay**

- Housing – simple dorm bed with sheet, community bath with hot water (1 bucket daily)
- Meals – 3 locally grown, lacto vegetarian + 2 tea, pure drinking water
- 3-4 yoga classes weekly (compulsory)
- Access to library during open hours
- Access to free laundry facilities during open hours
- Access to discounted Ayurveda treatment such as massage, facial, and Shirodhara (during training or open hours)
- Letter of recommendation, depending on performance
- All work related expenses (textbooks, internet, etc.)
- Cultural and spiritual events and outings such as temple tours, jagrans, & more depending on season and availability
- Yogic environment for *Karma* and *Bhakti* yogis only
- Opportunities such as retreats and private clients for newly credentialed teachers and healers (yoga & Pancha Karma) to increase their confidence and experience as part of their karma yoga contribution.

### **What we do not provide**

- Wifi
- Toilet paper, toiletries & towel
- Recycling program for anything – please avoid bringing disposable, plastic, Styrofoam, and glass
- Travel agent or concierge services
- Drivers. However we can offer advice for getting to/from ashram via bus schedule.
- Meals or any services outside of fixed hours
- Extensive *Sadhana* or study opportunities during work/stay agreement
- Extensive or consistent mental and spiritual health counseling
- Pancha Karma services, or yoga classes taught to peer volunteers do not contribute to Karma Yoga hours. These talents are shared among the volunteers as gifts of joy.



Shri Jasnath Asan is a public ashram and temple combination, making it a rare facility and environment. Thousands of visitors arrive monthly to practice *Bhakti* yoga, the act of devotion and worship. Often they will stay for days or weeks to practice *Karma* yoga, the act of liberation through work. Our schedule, by design, will keep you busy at hard work and other activities throughout the week. There isn't much time for you to do individual work, as programs are designed for the entire ashram community. It is designed this way to help your intellect and ego let go long enough to heal the body and mind. And then after some time we will come together in satsang or individually to answer your questions. Initially, in the first 10 days, you will decide if the commitment is available to you. You will be asked to adapt to our karma yoga program. We will not adapt the ancient system of Karma Yoga, or the ashram community, to your personal needs.

The ashram is in the lineage of *Hatha* yoga, having been founded by the father of yoga – Guru Gorakhnath. Shri Jasnath Asan offers healing, and personality development through Bhakti and Karma yoga. It does not provide an environment conducive to the practices of *Raja* yoga (mastery of self through meditation and other austerities such as silence) or *Janana* yoga, the intellectual pursuit of yogic knowledge. Though we provide ample opportunity for meditation (halls, and other secluded spots on campus) and study (extensive spiritual library), the focus of the work/stay participant's day will be on their assigned task which enables the ashram's continued success. Our applicants are encouraged to understand the difference between these 4 paths of yoga, making the right choice for their visit to India. Should you want to expand your karma yoga arrangement to accommodate further development in one of the other paths of yoga, the Guru can provide advice on how to make this a reality during or after your stay. If you are interested,

please read Swami Vivekenanda's famous book:  
<http://www.vivekananda.net/PDFBooks/KarmaYoga.pdf>

### **Housing**

We have separate male and female dorms. In the initial phase of the program, we are unable to offer individual or couples housing.



### **Fees**

We offer two Karma Yoga tracks:

- 1) Free: 35-40 hours work/week as a job sector leader. Requires prior experience and managerial skills.
- 2) Rupees 5,250 weekly: 21 hours work/week as a worker in roster rotation, including weekends.

### **Best time to visit**

Our program is closed during the hottest months in Rajasthan - May and June, when temperatures rise to 50 °C. We are also closed during Monsoon season, when rains occur consistently from July 15-Aug 15. The coolest months in Rajasthan are December 15 – February 15. Our program is available from September – April.

### **Our Policy**

It is the policy of this organization to provide equal opportunities without regard to race, color, religion, national origin, gender, age, or ability. Thank you for completing this application form and for your interest in volunteering with us. We hope your time at Shri Jasnath Asan is fulfilling to your spiritual path and that you will consider us your family in Rajasthan.

### **Code of Conduct**

A consistent practice of a healthy lifestyle begins with change and the adoption of new habits that are in line with your life purpose and goals. The code of conduct and schedule we have designed is based on the practical experience of thousands of spiritual visitors to this region – they are scientific and rational. Keeping to this code of conduct and schedule creates a very conducive atmosphere for transformation, and breaking them corrupts it.

- Abstention from: intoxicants, cigarettes, non-vegetarian foods
- Prohibited: killing, stealing, lying, cruelty to animals, people, or plants
- Those arriving at the ashram as couples are not restricted from intimacy except in public. Otherwise romantic interaction with ashram residents or visitors is strictly prohibited.
- Modesty in clothing is required, suited to the spiritual nature of the ashram and the customs of the region. Sunbathing is only permitted on the roof top with privacy.

- Women will cover their heads with a scarf in the temple and are restricted from these areas during menses.
- Residents are required to bathe daily, and before entering the temple. They are required to keep their rooms and clothes neat and clean. A modern laundry facility is available free of charge.
- Guests and residents are required to participate in the ashram family life/system: karma yoga, meals, kirtan, classes, etc.
- Yoga training participants will observe Mauna (silence) from the conclusion of Puja until conclusion of meditation class the following morning.

### **Preview your stay**

There are good videos on most every page of the website that help describe our culture. You can also watch short films created by previous teachers and volunteers about their life at the ashram at

<https://youtu.be/uSflzITDhgA> &  
<https://youtu.be/jDbIciDUAzI>

If this sounds like an adventure that appeals to your needs, let's begin the registration process. In the next pages you will find the application.





## Shri Jasnath Asan Karma Yoga Program Application

**“I hope you’re proud of yourself for the times you’ve said ‘yes,’ when all it meant was extra work for you and was seemingly helpful only to somebody else.” –Mr. Rogers**

If this opportunity is in line with your own desires to give back to society, please send answers to the following questionnaire in an email to [info@shrijasnathasan.org](mailto:info@shrijasnathasan.org), along with a current resume, diploma/certificate, and passport size picture.

1. Complete name:
2. Spiritual or nickname name:
3. Date of birth:
4. Complete contact information in home country
  - Street Address:
  - City:
  - State:
  - Postal code:
  - Phone:
  - Email Address:
5. Complete contact information in India, if other than this ashram.
  - Street Address:
  - City:
  - State:
  - Postal code:
  - Phone:
  - Email Address:
6. Years of school completed:
7. What language(s) do you speak?
8. Previous occupation(s):
9. How would you describe your emotional, mental and physical wellbeing?
10. Why would you like to be part of our family?
11. When are you available?
12. In which areas are you best suited to volunteer? (Kitchen, Garden, Education, Administration, Property Maintenance, Healing Arts)
13. Do you have qualification, or experience relevant to the requested area of work?
14. Have you worked as a volunteer before? If so, where and what did you do? (Indicate here or on CV)

15. Provide 3 references we can contact about your character, volunteer or paid work. (At least one reference must be from an employer.) Provide name, position/relation, company name, address, email, and phone #:

A:

B:

C:

16. Person to notify in the event of an emergency:

17. Passport expiration date:

18. Visa expiration date:

19. How did you hear about us?

20. Tell us about your yoga/meditation practice/experience.

### Agreement

By submitting this application, you are agreeing to live by our Code of Conduct for the duration of your stay. You are affirming that the facts set forth in this application are true and complete. You understand that if you are accepted as a karma yogi, any false statements, omissions, or other misrepresentations made by you on this application may result in your immediate dismissal.

### Next Steps

The ashram leadership will consider your application in terms of the current programming needs and will get back to you within 48 hours. Until then, breathe, love, laugh, practice. And then connect with us online so we can stay in touch:

We look forward to practicing with you!

Om Shanti and Prem

*Shri Jasnath Asan*

Facebook ;

<http://www.facebook.com/ShriJasnathAsanYogaScience>

Twitter:

<https://twitter.com/ShriJasnathAsan>

Instagram:

<https://instagram.com/Shrijasnathasan>

Trip Advisor:

[http://www.tripadvisor.com/Attraction\\_Review-d7695123](http://www.tripadvisor.com/Attraction_Review-d7695123)