

# Skanda Vale Code of Conduct

*Please adhere to the following when staying in the ashram:*

- Strictly no alcohol or illegal drugs on site.
- No smoking within the temple precincts. We strongly encourage no smoking within the ashram however if it is absolutely necessary the lower car park is the only permitted area.
- Please limit the use of your phone when staying in the ashram to essential communication only.
- It is not allowed to invite anyone into your room unless they are direct family members.
- Skanda Vale is not a place to find a partner, promote your personal interests or other religious or charitable organisations.
- Pilgrims must not offer healing, therapies, counselling or medical treatment, unless authorised by the Swamis Council.
- Please ensure your clothing is modest, particularly in the temple and dining rooms.
- You must be vegetarian during your stay in the ashram.
- Please be back in your room by 10pm (excluding special late night pujas).
- Please be respectful of other residents and keep the noise to a minimum.
- Please ensure you shower at least once a day and that you are wearing clean clothes before entering the temple.
- Please remember you are expected to attend the 5am, 1.30pm and 9pm pujas in the Murugan temple, and the 6pm puja in the Mahashakti temple on Saturday nights.
- You are expected to perform a minimum of four hours seva (selfless service) per day (health permitting). If you attend 9.30 Sri Ranganatha puja, seva starts directly afterwards. If you do not attend the Sri Ranganatha puja you are expected to start your seva at 9.30am.
- Please be aware during busy times you may be asked to help with meal serves on top of your daily seva.
- Seva allocations will be written on the seva board in the Ganesh Terrace by 9am. Please look for your name and next to it your allocated task for the day.
- During your stay we encourage you to spend time enjoying the silence, peace and tranquility which is present in the ashram.
- Gossip or negative criticism will not be tolerated. Feedback is welcomed through our suggestion box located in reception.
- Please respect the privacy of the resident Community.

*'Be where you are, work when you work, play when you play, eat when you eat and when you worship, worship God with all your heart, with all your mind and with all your strength.'*

- Guru Sri Subramanium -

Please enjoy your time in Skanda Vale Divine friends and use this opportunity to make a positive change in your life. If you have any questions or concerns please ask a member of the Community, and we will do our best to help.