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What is included in the price of accommodations?

For more information about accommodations, visit our [Accommodations & Guest Information page](#). A detailed list of available guest amenities can be found [here](#).



Where are you located?

The Himalayan International Institute of Yoga Science and Philosophy of the USA® is situated in a serene wooded setting on a 400-acre campus near Honesdale in the beautiful Pocono Mountains of Northeastern Pennsylvania. Directions are posted here or can be obtained through [Google Maps](#) or similar services.

See [this page](#) for more information on how to get to the Himalayan Institute.



I'm new to yoga. Are any of the seminars appropriate for me?

Many of our seminars are appropriate for the beginner who's interested in finding out about yoga as well as for the more experienced yoga practitioner who would like to enrich and inspire their yoga practices. For details on seminars, see our [event calendar](#).



When are your seminars held?

Our seminars are generally held on weekends. They begin Thursday or Friday evening and end with Sunday lunch. You may check in any time after 4:00 p.m. on the day of your arrival; check-out is 12:30 p.m. on the day of your departure. [See our calendar for seminars and additional details.](#)



What is a typical weekend seminar schedule?

Please note: Actual times and schedules may vary.

Friday P.M.

5:00 Hatha yoga class
6:00 Group meditation and prayers
6:00 Dinner
7:30 Lecture
10:00 Silence observed until 7:30 a.m.

Saturday

7:00 Hatha yoga class
7:30 Breakfast
10:00 Lecture
12:30 Lunch
3:30 Practicum
6:00 Group meditation and prayers
6:00 Dinner
7:30 Lecture
10:00 Silence observed until 7:30 a.m.

Sunday A.M.

7:00 Hatha yoga class
7:30 Breakfast
10:00 Lecture
12:30 Lunch
Departure



What are your rooms like?

Our typical guest rooms are simply furnished with two twin beds, sink, desk, closet, and medicine cabinet. Toilets and showers are down the hall. We have a few rooms available with a private bathroom for an extra charge.

Are your rooms air conditioned?

The climate in the Poconos Mountains is temperate even in the summer. Select premium accommodations may have A/C, however most rooms *do not* have air conditioning. We maintain a schedule of opening and closing windows throughout the day to generate airflow. This acts as a passive cooling system.



What credit cards do you accept?

We accept Visa, MasterCard, Discover, and American Express.



Is it possible to stay for an extra day or two before or after a seminar?

Yes, the extra days would be your own private retreat rather than a structured program. The cost includes accommodations, three vegetarian meals a day, morning yoga classes, and access to our 400 acre campus trails and public spaces.



Can I bring my young children along?

We love children, but at this time the Himalayan Institute is primarily an adult oriented education facility. Programs are open to adults 18 years and older, unless otherwise stated. Children are welcome on campus with their parents, and must be supervised at all times by parents or designated adults accompanying the family. Children's accommodations rates are the same as adult rates. The Himalayan Institute does not provide childcare.



Can I bring my pet(s)?

The Institute does not have the facilities to care for your pet, but [click here for a list of nearby kennels](#).



Are holidays visits permitted?

Guests are more than welcome to visit campus during the holidays! Please know that due to staffing, amenities will be limited on July 4th, Thanksgiving & Black Friday, as well as Christmas Eve & Christmas Day. Guests looking for self-guided quiet time may find these visits ideal. Depending on the season and staffing, please check with Guest Services for up-to-date information on days of interest. Accommodations will need to be reserved before these dates as the reception desk will be closed for the holidays.



What style of yoga do you teach?

The Himalayan Institute style of yoga has its roots in raja and hatha yoga. Each class is a blend of breath-centered postures, relaxation, breath practices, and ends in meditation. Modifications are offered to meet you where you are in your body and knowledge of yoga, making each practice about a direct experience of your own breath, body.



Does the Himalayan Institute offer Scholarships or Financial Aid?

We are committed to making our teachings accessible to anyone seeking to study yoga, meditation, and holistic health. We host both Himalayan Institute Mission Programs and private events hosted by a variety of teachers. Our Financial Aid and Scholarships are available for HI Mission Programs and Certifications.

Scholarships are made possible by the generous support of the Himalayan Institute's patrons and donors.

- To apply for a scholarship, please follow this [link](#).
- To contribute to our scholarship fund, please follow this [link](#).