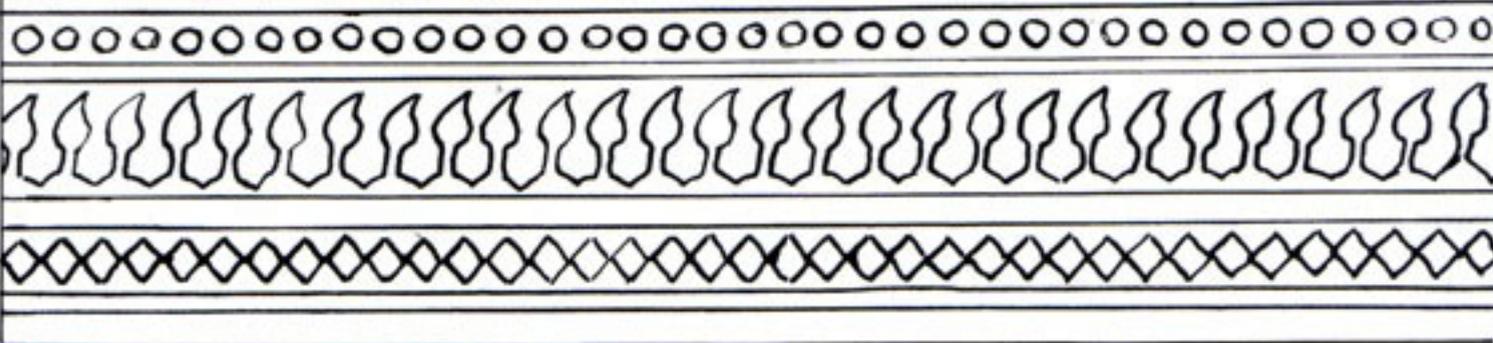
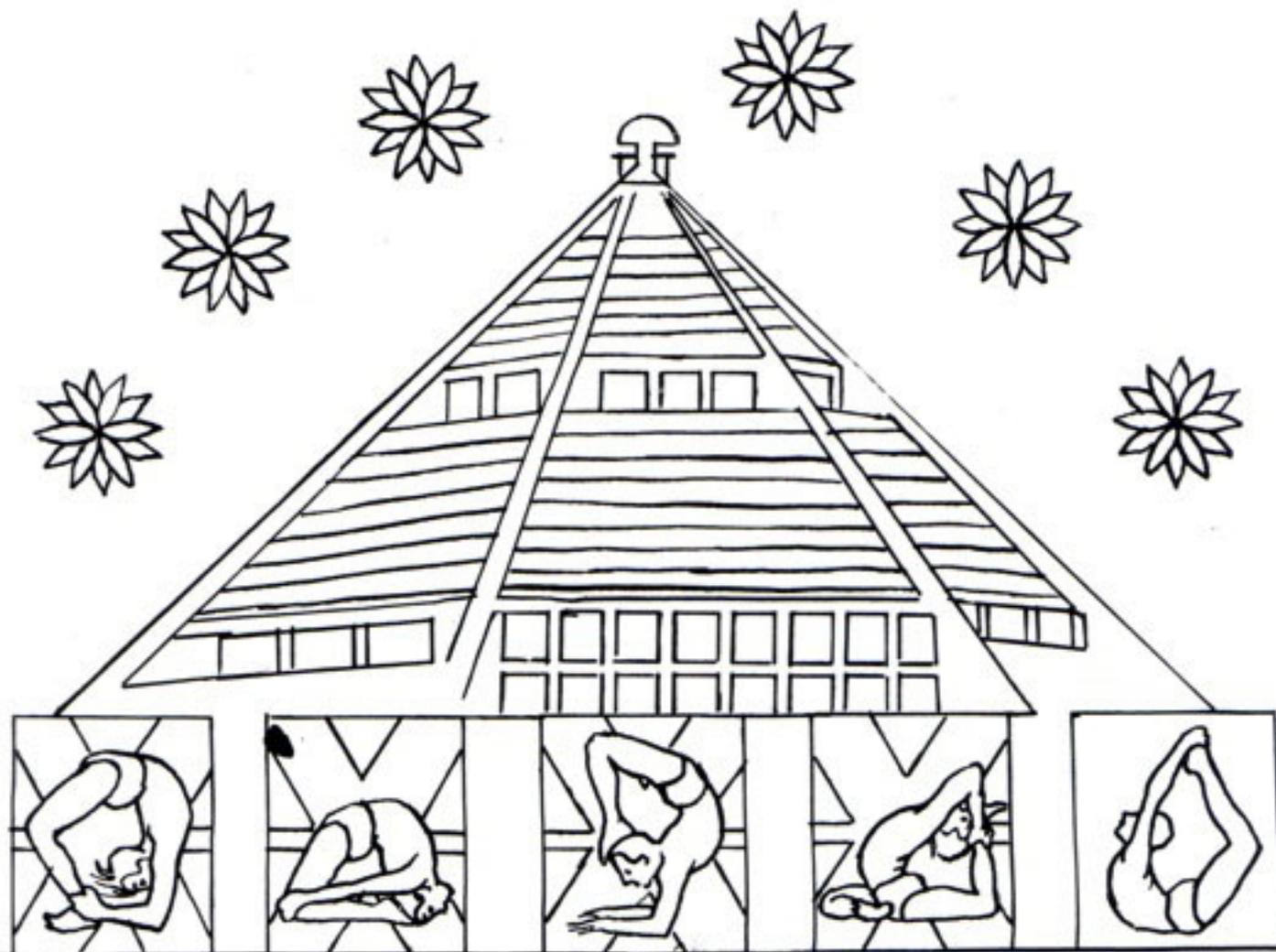


PUNE GUIDE

2014



PUNE GUIDE

- Spring 2014 -

In order for this guide to reflect the growth and continuing development of the city of Pune, it will be updated annually and reissued each spring.

Please send your comments or offerings, or anything you think should be included to: bobby@bobbyclennell.com. If you notice that a phone number listed in this guide doesn't work or is redundant, let me know. If you can clarify any of this information, e.g., if you can complete an address, or you notice that an address has changed, please notify me. All contributions that are of benefit to students and teachers of Iyengar yoga who are on their way to Pune will be included.

I am very grateful to the teachers and students who continue to submit material for the Guide. Heartfelt thanks also to future contributors who will help to keep this resource alive and relevant. Special thanks go to Robert Cory for his editing assistance.

Bon Voyage! May this guide help oil your yoga wheels and speed you on your way to a meaningful and safe stay in Pune.

Namaste,

Bobby Clennell

Disclaimer. None of the therapies, medical practices, hospitals, dentists or ayurvedic clinics, etc. in this guide have been vetted by me. I accept most of the contributions from the community in good faith, but cannot vouch for them.

<http://www.bobbyclennell.com>

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PS: The Iyengar Yoga Association of the United Kingdom also has an excellent guide to Pune: <http://www.iyengaryoga.org.uk/about-iyengar-yoga/a-guide-to-pune>.

TABLE OF CONTENTS

VISA REQUIREMENTS.....	5
WHAT TO BRING:	6
Power Supply in India.....	7
AIRLINES	7
MUMBAI	8
Iyengar Yoga Institute in Mumbai.....	8
Hotels near the Iyengar Yoga Institute.....	8
Restaurants near the Mumbai Iyengar Yoga Institute	9
Hotels near the Mumbai International Airport.....	10
Hotel near the Mumbai Domestic Airport	10
Juhu Beach (Mumbai) hotels	10
TRAVELING FROM MUMBAI TO PUNE.....	11
Shuttle bus services	11
By cab or bus to Pune	11
Trains from Mumbai to Pune.....	13
ACCOMMODATIONS IN PUNE	13
Apartments	13
Rooms to rent.....	22
Other contacts for accommodations	22
Guidelines for tipping maidservants.....	22
Hotels in Pune	23
RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE (RIMYI)	25
RIMYI Address.....	25
Checking in.....	25
RIMYI Store	26
Protocol before and during class	26
Props	27
Observing classes	28
Guidelines for women.....	28
Tradition, etiquette and other helpful tips	29
Holidays at the Institute.....	29
GETTING AROUND PUNE	30
Auto rickshaws.....	30
THINGS TO DO IN PUNE, AND BEYOND	31
Movie theaters in Pune	31
Day and weekend trips	31
Longer trips:	33
TRAVEL AGENTS/TOUR COMPANYS.....	34
CURRENCY AND BANK INFORMATION	35
Money.....	36
TELECOMMUNICATIONS	36
Internet Cafes	38

Apple certified technician	39
HEALTH AND MEDICAL CONCERNS.....	39
Water	40
Gastrointestinal precautions	40
Malaria.....	40
Pollution.....	41
Healthy hygiene reminders	41
American (in New York) doctors.....	42
Local (Pune) doctor	42
Clinic and hospital	42
Dermatology - Cosmetology	43
Ayurvedic resources	43
Massage.....	44
Naturopathy.....	45
Homeopathy	45
Therapy	45
Dentists.....	45
Dog Rescue	45
OTHER USEFUL SERVICES.....	46
Sanskrit.....	46
Vedic astrology	46
Beauty clinics.....	46
Spas.....	47
FOOD.....	47
Restaurants – Thali and South Indian Cuisine.....	48
Popular Fergusson College Road restaurants serving South Indian food:	49
Other popular restaurants offering a variety of foods:	49
Miscellaneous food around Pune.....	50
Italian Food.....	51
Buffets.....	52
Salad Delivery	52
Home cooked lunch to go	52
Sweet Shops.....	52
Grocery Stores	53
Fruit and Vegetable Carts.....	54
Ingredients Shopping List.....	54
Cook	55
SHOPPING IN PUNE	55
Stationary, Paper Goods and Art Supplies.....	55
Clothing, Crafts and Gifts.....	56
Saris	59
Jewelers	59
Tailors	60
Fabric	61
Home accessories	62
Statues	62
Rugs	62
Perfume.....	63
Soaps and toiletries.....	63

Sticky mats	63
Bookstores	63
Music stores	64
Electronics.....	64
Assorted.....	64
Coffee Cravings.....	64
Tea.....	65
SHIPPING, PACKING and MAIL SERVICES.....	65
MAP of RIMYI AREA	66

VISA REQUIREMENTS

Visas are mandatory for India. For New York students: In effect from October 1, 2007, visa applicants are requested to obtain an Indian visa through **Travisa Outsourcing, Inc.**, at their website: <http://indiavisa.travisaoutsourcing.com>.

Any queries related to Indian visa services may also be directed to: Travisa Outsourcing Inc., 316 East 53rd Street, Second Floor, New York, NY 10022.

Tel: (212) 754-9900 and www.indiacgny.org.

Visa applications (outsourced to BLS from Indian Consulate website):

<http://www.visa.blsindia-usa.com/visa.php>

Do not leave this until the last minute as it takes several visits to complete the paperwork. You will need the addresses of two people in India for recommendations (and as of January 2010, your birth certificate). Iyengar students often use RIMYI for one of the addresses and the address of their hotel or landlord in Pune for the other. You will also need the exact dates of your arrival in and departure from India.

IMPORTANT!! READ THIS:

In your **visa application** or interview, **do not say you're going to study yoga or take classes**; always state you are a tourist. If consulate officials learn you're going to study yoga, they will assign you a **visa specific** for Yoga or Vedic studies, which will require you to register, within two weeks of your arrival in India, with the FRO (Foreign Registry Office) at the Pune Police Commissioner, where you'll receive a Residential Permit. If you don't register there, you may have trouble later on leaving the country.

"Other private expeditors for passports or visas: www.AmericaPassport.com (800-455-5166), and, www.OfficialTravelDocuments.com. They can secure the proper papers faster than the New York-Boston shuttle. Expeditors boast standing appointments at official offices and keep abreast of ever-changing rules. Expect to pay \$50 to \$500 per document, depending on the rush, plus government fees and overnight costs." – Laura Daily, AARP The Magazine, December 2006

Make three to four copies of your passport and visa to take with you to Pune, along with additional passport photos. This will save you time and energy at the Ramamani Iyengar Yoga Institute, for registering with your landlord and when you go to get a SIM card for your phone or a dongle for the Internet.

WHAT TO BRING:

- First aid kit
 - Flashlight (for walking at night or blackouts)
 - Charger for your digital camera
 - If staying in a hotel, a kettle for boiling water
 - Your favorite tea or coffee
 - Your favorite muesli
 - Vitamins
 - Pro-biotics
 - If staying in a hotel, seal-able zip lock bags to store food
 - Business cards
 - Tampons
 - Sunblock
 - Alarm clock
 - Small backpack for carrying items to class and for shopping
 - Good walking sandals and/or shoes
 - Sarong
 - Three sets of yoga clothes
 - Small clothesline with clothespins
 - Inflatable hangers to avoid wrinkles made by clothespins
 - Kitchen gloves are impossible to find in Pune.
- Medications and prescriptions (painkillers, anti-diarrheal drugs, general antibiotics, antiseptic cream, re-hydration salts, and cold and cough medications)
 - AC adapter with converter—may also be purchased in Pune (“*The standard converter I brought with me from the U.S. didn’t work, whereas the one I brought locally in Pune did work.*” Ed.) It’s also possible to use a simple adapter for European outlets because many electronic devices do not require converters as they are manufactured for global use.
 - If attending during the winter months (November through January), a shawl, sweater or lightweight jacket for early mornings and evenings
 - Glue stick: envelopes do not come with glue on the flap; likewise, stamps are not provided with glue – and post office glue is not very sticky.
 - If you are going to get your hair dyed while you are in Pune, remember to bring your own hair products and don’t forget the developer!
 - Most restaurants provide washing facilities and towels for customers but baby or bacterial wipes might also be a useful backup or antibacterial hand cleanser comes in handy too as soap is not always available.
 - *The Lonely Planet Guide to India* is the Bible for travelers to the subcontinent. The book has a fairly up-to-date section on Pune. It’s massive, though, so consider cutting out only the sections you’ll need. You can also download specific chapters of the guide for download from the Lonely Planet online store <http://shop.lonelyplanet.com/world/india-travel-guide-15/> for those areas you intend to visit.
 - If you have been shopping in Pune and you find your suitcase is overweight, be prepared to purchase an extra case in Pune.

- RIMYI will ask you for a passport-sized photo of yourself. Bring a few if you are thinking of purchasing a cell phone card or dongle device for the Internet in Pune.
- Copies of your passport and visa (one set for RIMYI, and two sets for your landlord or landlady who have to register you with the authorities plus copies for cell phone cards and internet devices).
- Look for RIMYI on Google Earth. Print out a map of the immediate area, especially the triangle between Ferguson College Road and University Ave. The neighborhood is not laid out on a grid and can be disorienting. Local Pune maps are not detailed enough to show this. See also the map at the back of this guide.

Power Supply in India

In India, 220 volts are used to power small appliances. The plug points are three-pin with rounded ends. Use the local plug board with surge protection/combined voltage adapter, which work well and are easily found. Also, a simple adapter to use with a European outlet works fine if the appliance is made for global use.

AIRLINES

Continental Airlines offers direct flights from the U.S. to Mumbai. If you book early, you can get round-trip rates of \$1,000 to \$1,100.

Delta (Mumbai): Tel: (91-22) 2826 7000 or 2834 9890.

Delta (Pune): Tel: (91-20) 2612 5410. Email: pnq.delta@igatindia.com.

Jet Airways (Pune): 243-244, Century Arcade, B/2, Narangi Baug Road, Pune.
Tel: (91-20) 2616 8153, 2612 7524. Maximum weight for national flights is 25 kg (55 lb.) regardless of the number of bags; the carry-on limit is 7 kg (about 15 lb.).
(**Jet Airways** is an Indian airline. They have great art movies and classical music).

Jet Airways (USA): Tel: 732-339-1191. Jet Airways offers a free shuttle service between the international and domestic terminals; it runs every half hour, 24 hours a day. You must identify your checked luggage to an airline employee on the tarmac before you board the plane or your luggage will not be loaded onto the flight.

Lufthansa now fly direct to Pune from Frankfurt (now provides economy as well as business).

South African Airways (Pune): Tel: (91-20) 2612 5410.

Virgin-Atlantic (Delhi): Tel: (91-11) 5150 1300.
Email: customer.services@fly.virgin.com. Website: www.virginatlantic.com.

MUMBAI

Iyengar Yoga Institute in Mumbai

(Iyengar Yogashraya) 126, Senapati Bapat Marg, Lower Parel, Mumbai 400013. Tel: (91-22) 2494 8416. Email: info@bksiyengar.com.

Hotels near the Iyengar Yoga Institute in Mumbai

Hotel Aircraft International. Plot No. 179, Dayaldas Road, Vile Parle (E), Mumbai 400057. Tel: (91-22) 2612 1419/0899/7717. Fax: (91-22) 2618 2942. Email: info@hotelaircraft.com. Website: www.hotelaircraft.com.

Airport Inn Deluxe Hotel. Shradhanand Road, opposite Navin Thankar Hall, Vile Parle (E), Mumbai. Tel: (91-22) 2610 1602.

Hotel Ameya. Gokhale Road (North), Dadar (W), Shivaji Park, Mumbai 400028. Tel: (91-22) 2430 5685/5901/6790. Email: info@hotelameya.net. Website: www.hotelameya.net.

Hotel Apollo. Brightland Building, Landsown Road, behind Regal Cinema, Colaba, Mumbai 400039. Tel: (91-22) 2287 3312. Fax: (91-22) 2287 4990. Email: hotelapollo@vsnl.com. Website: www.hotelapollo.co.in.

Hotel Avon Ruby. 87, Naigaon Cross Road, opposite Fire Brigade, Dadar (E), Mumbai 400014. Tel: (91-22) 2411 4591. Email: info@hotelavonruby.net. Website: www.hotelavonruby.net.

Bentley's Hotel. 17, Oliver Road, Colaba, Mumbai 400001. Tel: (91-22) 2282 3245/6. Fax: (91-22) 2287 1846. Email: bentleyshotel@hotmail.com. Website: www.bentleyshotel.com.

Executive Enclave. 331, Dr. Ambedkar Road, Pali Hill, Bandra (W), Mumbai 400050. Tel: (91-22) 6696 9000, 2649 0227. Fax: (91-22) 6696 90001. SMS: 91-9930852901. BlackBerry PIN: 2565E27A8. Email: enclave@vsnl.com. Website: www.executiveenclave.com.

Garden Hotel. 42, Garden Road, Colaba, Mumbai 400039. Tel: (91-22) 2283 1330/4823. Fax: (91-22) 2204 4290.

Hotel Godwin. *Recommended.* 41, Garden Road, Thane, Mumbai 400039. Tel: (91-22) 2287 2050. Website: www.hotelgodwin.com.in.

Hotel Grant. 44, Proctor Road, near Grant Road Station, Mumbai 400007. Tel: (91-22) 2387 1491. Fax: (91-22) 2387 0215. Email: hotelgrant@vsnl.com. Website: www.hotel-grant.com.

Hotel Hill View. Behind Canara Bank, near Chandra Baba Mandir, Worli Naka, Mumbai 400018. Tel: (91-22) 2496 1858.

Hotel Oasis. 276, Shahid Bhagat Singh Road, near GPO Fort, Mumbai 400001. Tel: (91-22) 3022 7886. Fax: (91-22) 2269 7889. Email: info@hoteloasisindia.in. Website: www.hoteloasisindia.in

Hotel Pritam. 20/B, Pritam Estates, Dr. Ambedkar Road, Dadar (E), Mumbai 400014. Tel: (91-22) 2414 5555. Fax: (91-22) 2414 3388. Email: info@pritamhotels.com. Website: www.pritamhotels.com.

Hotel Rahat Palace. Dr. E. Moses Road, Worli Naka, Mumbai 400018. Tel: (91-22) 2496 4411. Email: hotelrahatpalace@yahoo.com.

Hotel Royal Castle. 76, August Kranti Marg, Gowalia Tank, Mumbai 400036. Tel: (91-22) 2388 3888, 2386 8196. Fax: (91-22) 2385 4340. Email: deepak@hotelroyalcastle.in. Website: www.hotelroyalcastle.in.

Sea Face Guest House. 48, Pandita Ramabhai Marg, Chowpatty, Mumbai 400007. Tel: (91-22) 2363 2156. Fax: (91-22) 2369 4296.

Hotel Sea Green South. *Recommended.* 145A, Marine Drive, Mumbai 400020. Tel: (91-22) 6633 6535, 2282 1613. Fax: (91-22) 6633 6540. Email: mail@seagreenhotel.com. Website: www.seagreenhotel.com.

Hotel Shantiidoot. Dr. Babasaheb Ambedkar Road, Dadar (E), Mumbai 400014. Tel: (91-22) 2416 4923/4/5. Fax: (91-22) 2414 9064. Email: hotelshantiidoot@hotmail.com. Website: www.hotelshantiidoot.com

Hotel Suba Palace. Apollo Bunder, near Gateway of India, Mumbai 400039. Tel: (91-22) 2202 0636. Fax: (91-22) 2202 0812. Email: info@hotelsubapalace.com. Website: www.hotelsubapalace.com.

ITC Grand Central Hotel. *Five-star deluxe rating, in walking distance to Institute.* Dr Babasaheb Ambedkar Road, Parel, Mumbai 400012 Tel: (91)(22) 24101010 Fax: (91)(22) 24101111 Email: itcgrandcentral@itcwelcomgroup.in Website: www.starwoodhotels.com

Taj Mahal Palace & Tower. *Five-star deluxe rating.* Apollo Bunder, Mumbai 400001. Tel: (91-22) 6665 0808. Fax: (91-22) 6665 3366. Email: tmhresv.bom@tajhotels.com. Website: www.tajhotels.com.

Restaurants near the Mumbai Iyengar Yoga Institute

Restaurant Gaylord Tel: 2614 7041/2

Restaurant Ming's Palace Tel: 2287 2829; 2284 1432

Restaurant Kyber Tel: 2267 3227/8

Restaurant Mandarin Tel: 2202 3186; 2284 8214

Restaurant Lings Pavilion Tel: 2285 0023/4

Restaurant China Garden Tel: 2363 0842

Restaurant Ambassador Tel: 2204 1131
Email: sales@ambassadoreindia.com

Restaurant Jazz by the Bay Tel: 2284 0232/0053

Ming's Palace, Tel: 2287 2829; 2284 1432
Shahid Bagat Singh

Friends Union Joshi Club,
good thali Tel: 2205-8089

Hotels near the Mumbai International Airport

If you have a long layover in Mumbai, it is sometimes convenient to stay at one of the airport hotels.

Kohinoor Continental. *Four-star rating.* Andheri-Kurla Road, Andheri (E), Mumbai 400059. Tel: (91-22) 2691 9000, 2820 9999. Fax: (91-22) 2838-2434.

The hotel offers an airport shuttle as well as many other amenities. Email: reservations@kohinoor-group.com. Website: www.hotelkohinoorcontinental.com.

** Two yoga students who stayed here overnight together en route to Pune got "quite sick" after eating the Indian breakfast despite being "reasonably adventurous eaters with reasonably robust digestive/immune systems".*

The Leela Kempinski Hotel. *Five-star deluxe rating.* Sahar, Andheri (E), Mumbai 400059. Tel: (91-22) 6000-2233. Toll free (India): 1 800 222 444. Toll free (U.S.): 1 800 0426 3135. *"The hotel has been renovated in the past year. I stayed there upon arriving and departing and quite liked it. The hotel It has lush tropical gardens and a beautiful swimming pool. The breakfast buffet is very nice. Register on the website to review the current packages. If you are departing India late, make sure your late departure (up to 8 pm) is included in your package."* Email: reservations.mumbai@theleela.com. Website: www.theleela.co

Hotel near the Mumbai Domestic Airport

Atithi Hotel. 77 A & B, Nehru Road, Vile Parle (E), Mumbai 400099.
Tel: (91-22) 2618 7941/2/3. Fax: (91-22) 2611 1998.
Email: atithi@athithihotel.net. Website: www.athithihotel.net.

Juhu Beach (Mumbai) hotels

Hotel Holiday Inn (this is now a Novotel hotel). Balraj Sahani Marg, Juhu Beach, Mumbai 400049.

Tel: (91-22) 5693 4444. Toll free (India): 1 600 111 000. Fax: (91-22) 5693 4455. Email: h6926-re@accor.com. <http://www.novotel.com/gb/hotel-6926-novotel-mumbai-juhu-beach/index.shtml>.

ISHKON Juhu (Ashram)-Hare Krishna Land Guesthouse. Juhu, Mumbai 400049. Tel: (91-22) 2620 0870/2226. Fax: (91-22) 2620 5214. Book this popular lodging well in advance. Email: guesthouse.mumbai@pamho.net. Website: www.iskconmumbai.com/Activities/GuestHouse/tabid/167/Default.aspx.

Sun-n-Sand. *Five-star deluxe rating.* 39, Juhu Beach, Mumbai 400049. Tel: (91-22) 5693 4444. Fax: (91-22) 5693 4455.

Also check: www.indiatravelinfo.com and www.india-travel.com for more hotels in Mumbai, or email www.services@giasdl01.vsnl.net.in.

TRAVELING FROM MUMBAI TO PUNE

Travel time by car from Mumbai to Pune is four hours during the day and three hours at night.

Shuttle bus services

Sandi's operates a shuttle bus service from Mumbai International Airport to Pune. It has in the past offered discounted rates (Rs. 450/-) to Iyengar students. Get in touch with Ms. Swati at tel: (91-20) 2443 1155/66/77, or 2447 1464. or sandis@vsnl.com.

You can also book individual cars from Sandis. Sandi's can also be booked through the Chetak Hotel, tel: 2565 2681, or with Harshada Shirole: M: 98505690044 (India code: 0091). hotelchetak@gmail.com. www.sandis.com/Default.aspx

For other companies that provide transportation directly from the airport to Pune, see www.prasannatours.com/airlink.htm and www.kktravels.com/index.asp.

By cab or bus to Pune

Dolphin Cars. Tel: 982-221-4872. Approximately Rs. 2,200.

DoDo Travels. Tel: 2716 0138.

Indian Express Taxi. Tel: 985-005-0855.

KK Travels. Rs. 650 per person from Mumbai to Pune. Discount of Rs. 50 per seat for Iyengar students. Email: kedar@kktravels.com.

Star Tours & Travel. 101, Kalindi Apts, (Vanasthali Bldg.) 318/19B Canal Road, Model Colony, Pune – 4511 016. Brand new Tavera/Indica & all types of tourist vehicles

available on hire. **Murtuza Dashi** is Gulnaz and Ali Dashi's brother and is 100% reliable. Star Travel provides a private car for arrival and departure to and from Mumbai International Airport and the domestic airport in Pune. Tel: 985-004-7885. Tel: +91 -20 – 25677791, 56258294. Email: madashti@yahoo.co.in

Tokekar Transportation Services, an enterprise run by Mr. Raj Tokekar, has for several years been providing safe, reliable and reasonably priced door-to-door transportation from Mumbai International Airport to Pune. Mob. 982-306-7511. Email: rajkumar_tokekar@yahoo.co.in.

Vikram. *Highly recommended for the Mumbai/Pune run.* Vikram More is extremely reliable and is also very knowledgeable about local Maratha history. Ask about day trips or tours. Tel: 985-050-8756; 988-106-0505; or land line number in Pune: 020-2421 3804. Email: vikram_more@yahoo.com.

Contact Hotel Chetak: hotelchetak@gmail.com, www.hotelchetak.com for the most reliable way to get to and from the airport. They have a range of clean, reliable cars suitable for any number of people. *“The last time I did this, I paid Mrs Harshada Rs/- 3,000, which was well worth the price I feel, for the security of knowing that the driver would find me at the airport and bring me into Pune safe and sound.”* Day trips can also be arranged.

Sandi's International Tours and Travels

5 Amit Complex

474, Sadashiv Peth, Tilak Rd, Pune-30

Tel: 020 2443 1155. Email: sandistravels@gmail.com

Contact Sandi's directly or book from the Hotel Chetak. Sandi's cars have a car pick up service to and from the airport. The service is very reliable but book in advance: sandis@gmail.com. They take 4 passengers, so no need to wait for hours to fill a mini-bus as was previously the case.

Roots & Wings Travel Management has been serving RIMYI students for over 10 years. We offer reliable, timely and safe car and shuttle service between Mumbai International/domestic airports & Pune. Our cars are well maintained, insured and have experienced & polite drivers. Call Ms. Rucha, M: 91 992 306 3370. rootsndwings@rediffmail.com. 1122 Model Colony (diagonally opposite Hotel Ambassador). Pune 411016

And if your ride to Pune fails to show: There is a reliable car service that operates out of Mumbai Airport. As you leave customs, the “Authorized” (not yellow) cab office is on the right-hand side.

Note on tipping drivers;

One student asked her Indian friends who told her, “Indians don't tip”, but although it is not expected, personally, I always tip (Ed.)

Trains from Mumbai to Pune

The Deccan Queen serves food, i.e., beans on toast for breakfast. Trains require an advance reservation, which you can get from any Mumbai travel agent. You can also make reservations online at <http://www.irctc.co.in>. Check PNR status & seats availability online at <http://www.indianrail.gov.in>. Train booking opens 2 months in advance prior to travel date, so be sure to make your travel arrangements in India accordingly.

The domestic and international air terminals are at separate locations with shuttle buses running between them. For more information, talk to the airline staff (also see *Airlines* above). Flights are limited between Mumbai and Pune since road and rail travel are far more popular.

ACCOMMODATIONS IN PUNE

Editors note: Since it has become impossible over the years to keep up with the ever-increasing prices of these apartments, I have decided to omit them altogether. I am regretfully unable to enter into any correspondence about these accommodations.

Apartments

Rents for the apartments where RIMYI students stay have escalated alarmingly in recent years. They are massively out of proportion to rents elsewhere in Model Colony and, furthermore, do not reflect the services offered. Often apartments are not clean, kitchens not adequately supplied with cooking utensils, Wi-Fi access out of date and not compatible with contemporary computers, and showers do not work. Horror stories run from cockroach infestations to being without hot water for most of the month to an unreliable supply of electricity (from within the apartment itself). Apartments like these should be removed from the Pune Guide during its annual update. Report problems to the editor as soon as possible. *Whereas we would like to see the prices of these apartments come down, we certainly do not want to see them go up!*

Warn landladies that their apartment will be dropped from the Guide unless they live up to the "Western" prices being demanded. "Hidden charges" are creeping in, with subsidies charged for Wi-Fi, electricity and more. When students come to the Institute their main priority is to study and practice. But it can take a whole week to settle the problems students find in these apartments. Ask your landlady to help you with your mobile phone needs ahead of time, provide you with some local electrical plugs and *demand the apartment be "spring cleaned" before you arrive.*

The last word on sent in by a landlady in Model Colony *"Many landladies are very, very helpful and have helped people with all kinds of problems from broken bones, mental breakdowns to lost passports! Rents are high but sometimes the demands are too! People can be adrift in a very different culture and at times need a lot of help. It is not the equivalent to a let in your home-town"*.

The Chetak Hotel has decided to make rooms available to foreigners on a monthly basis, "apartment style" with cooking facilities, refrigerator, clean laundry, and free use of

internet and Wi-Fi. Home cooked meals can be provided for an additional cost. Contact the Chetak for further information: www.hotelchetak.com. hotelchetak@gmail.com.

Two apartments: 1) Ali and Kate's apartment, **Shristi Tara** apartment, is on the other side of the park on the fifth floor. It is a large two bedroom, with a big living room, kitchen and two baths. It's a five- minute walk from Institute.

2) The Hill View apartment is also a two-bedroom apartment with a balcony on the fourth floor of a building located opposite Jain Boarding in Model Colony, also very close to the institute

Contact for both apartments: **Tahera Dashti** (sister of Gulnaaz): Email: tahera1234@yahoo.com,

Nileema: Accommodations for yoga students available. Contact: Dr. Nileema Dhoble: Tel: 9822092942. Email: drdhoble@gmail.com

Ms. Preeti Barmecha

Fully furnished apartment exactly opposite Iyengar Yoga Institute with two bedrooms, hall and kitchen. In each bed room there are two beds, in total apartment can accommodate 4 people. Good Wi-Fi.

12-B, 3rd floor,

Ajit Apartments, Hare Krishna Mandir road,
Opposite Iyengar Yoga Institute, Model Colony,
Shivajinagar, Pune -410016.

Preeti – 9326983114, Email – pbarmecha@gmail.com

Sushil – 9823026612 Email-sabarmecha@gmail.com

Mrs Chitra Sathe. Flat for rent near the Model Colony Post Office. Tel: 91-20-25410565. Mobile: 91-9890156536. Two double bedrooms, with two beds in each, and one single bedroom with a single bed.
Email: chitrasathe53@yahoo.co.in.

Mrs Neha Bhadsavle. "Yeshwant" 1015/5, Shivaji Nagar, Pune: 411016.

E-mail: nehabhadsavle@gmail.com. Phone No: +91 20-25658371 (landline) +91 9371654367 (mobile) While dialing from within the State of Maharashtra dial 10 digits.

While dialing from out of the State but within India prefix a digit "0" to the 10 digit cell no. 10 minutes away from the yoga institute. Ideal for single occupancy, however, can comfortably accommodate a couple or 2 individuals. The host permits use of PC & Broadband Internet. Washing machine.

~~**Uma Dhavale** (mother of Raya). 2 bedroom apartment on Ferguson College Road, near Jneshwar Paduka chowk. 15 minute walk to Institute. Shared bathroom, Wi-Fi. Wonderful cook. Email: UmaDhavale@gmail.com~~

Vandana & Pravin Sanghavi, C-19, Ashiwini Society, Bombay-Pune Road, Shivajinagar, Pune - 411 005. Contact: +91 20 25541746 or +91 20 32910731 or +91 9422368484. Email: darshana_ca@yahoo.com. Fully furnished 2 BHK apartment for rent to Iyengar Yoga visitors, on the 2nd floor of a bungalow, 2.25 km from the Institute (near CPS Ashram). This newly constructed 1000 sq. ft., fully furnished apartment is located in a quiet, green and serene residential area. It has a separate entrance, and includes a kitchen, hall and two bedrooms, and 2 European-style bathrooms with 24

hours hot-water facility. Each bedroom has a phone and Internet connection as well as an attached bathroom. The kitchen has all necessary utensils, cooking gas, washing machine, water purifier and cupboards.

Sonali Yavalkar Naha. 1119/5b "Apoorva-Hira", Opp. Lakaki Pond, Model Colony, Shivaji Nagar, Pune 411016. Mobile +91-7588288106. Landline +91-20-25670100, sonalinaha@yahoo.co.in. Opposite the Lakaki pond, about a 15 min. walk from the institute. Two rooms with attached bath, and one room with semi-attached (Indian toilet), common lounge area & balcony, full equipped kitchen, washing machine and Wi-Fi available. Women only. Landlady resides here with small dog. Pure vegetarian nutritious food provided at extra charge. **Warning!!** *We received a series of severe complaints about this establishment concerning its poor living conditions and its noisy and disruptive home environment. Proceed with caution!*

Rajeev Tamhankar 'Indira', 1098/10A, Model Colony, Pune-411016. Tel: 25653182 e-mail: suncoats1@gmail.com. Single storied independent house, 600 sq. ft., Comprising of 2 beds, a kitchen cum dining room (with cooking gas, water filter, refrigerator, dining table and chairs), and toilet block (with hot water facility, and western style W/C). The accommodation can be rented out unshared for one person or (on Kitchen and toilet shared basis) for two persons.

This apartment is among the closest of the apartments to RIMYI. *The owners, Mrs. Ritu Lad, Mrs. Jotsna Lad and Mr. Aditya Lad could not do enough for us. They even conducted a brief Puja for us at the beginning of our stay!* 1087, Ajit Apartments (# 1D), Hare Krishna Madir Path, Model Colony, Pune (exactly opposite to Iyengar Yoga institute & next to Central Mall). The apartment is 1310 square feet with 3 bedrooms and is fully furnished. It is in a well-managed society with 24 hours security and power backup. It has mosquito screens on the windows, Wi-Fi, local phone for incoming and outgoing calls, gas stove, refrigerator, water purifier, microwave and a fully equipped kitchen. A daily cleaning service is provided, as is laundered bed linen. There is a kitchen, dining area, balcony and a drawing room with plenty of room to practice yoga. Available for short and long term stay for individuals or groups. Meals and laundry service provided on request at extra charge
Email: jotsnalad@gmail.com or ritukapai@yahoo.com or adityalad@yahoo.com Mobile: +91 9545984884 or +91 9822647765

Jo Shahane, email: deccanhp@gmail.com. Tel: 91-20-26052448. B 1/114 Clover Gardens, 4 Naylor Road, Pune 411001, offers hospitality to yoga students coming to Pune for a month or more. Guests get a serviced room with attached bath and hot water in a very quiet home on a tree-lined avenue in a nice part of town. They also get give plenty of information about Pune, places to see, eat and explore.
<http://punehome.wordpress.com>.

Jaya Mehta. Flat 8, Jeevanpradeep apartments, Hare Krishna Mandir Road (opposite RIMYI), Model Colony. Mobile: +91-9922337763, or: +91-9881399988. Three-bedroom apartment. Email: jayamehta56@gmail.com. **WARNING!! NOT RECOMMENDED.** Numerous complaints have come in about this accommodation and it's owners – way too many to list here. Rent this apartment at your peril.

Jaya and Mohan. It's a rickshaw ride from the Institute, (although getting a rick at night may be a challenge or simply more expensive as most rickshaw drivers from the Institute may not want to drive to that part of town at night). The apartment has a fully equipped practice area—ropes, chairs, etc. Jaya and Mohan now live in Mumbai. To make a reservation, email them at jiness@yahoo.com. Speed Internet, but not unlimited however.

Mrs. Sharda Lakhani. 11 Kunjban Society, 473/A Hari Krishna Mandir Road, Model Colony, Pune 411016. The apartment is on the same street as the Institute. Tel: (91-20) 2565 4920. Email: sharda59@hotmail.com.

Sharda's daughter, **Mrs. Vanita J. Hall**, rents an apartment upstairs. 17, Indraprashta, 473/A Hari Krishna Mandir Road, Pune 411016. Tel: (91-20) 2565 9868. She can be contacted in the U.S. at: 334 East Lake Road, No. 260 Palm Harbor, FL 34685. Tel: (727) 789-0647. Email: vanitahall@hotmail.com.

Mrs. Sanjivani Dhayagude. F. No.11, Indraprastha Apartments, Second Floor, 1092A/4, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: (91-20) 2565 9294. The apartment, with one bedroom, hallway, kitchen, balcony and toilet, is furnished and has a well-equipped kitchen, and a telephone, etc. It is located in a quiet, green and serene locality just off Hari Krishna Mandir Road (same street as the Institute). The Institute is a five minute walk from the apartment. The hall can be converted to a bedroom if the tenant wishes. Email: rajan1711@hotmail.com.

Mandira Chopra. 5, Indrapasthra Apartments, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: (91-20) 2565 6581 or (91-11) 611 2278. The apartment is on the same street as the Institute. It has a large terrace. Book through Mrs. Sharda Lakhani. Tel: (91-20) 2565 4920. Email: sharda59@hotmail.com.

Mrs. Neena Shahani. Madhur-Jyoti, 1105/12, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: Landline: (91-20) 25654109. Mobile: 9545500029, 9823079676. The apartment is on the same street as the Institute. Shared bathroom and kitchenette. She also has another rental on the same property. The rental on the second floor of her house has a separate entrance and two bedrooms, which can be rented out separately or together, one bathroom, and a big, sunny second-floor terrace on the park side. The other apartment, behind the house, has been recently renovated. It's a self-contained little house with a kitchen, bath, and small living area downstairs and a loft bedroom upstairs—cute, but a little dark. Email: Mane106@hotmail.com.

The six apartments below are in the 10-story **Anugraha Classic apartment complex** next door to the Institute:

Mr. Kulkarni. Second Floor. 1107/B2, Anugraha Classic Apartment, 201-202, Hare Krishna Mandir Road, Model Colony, Pune 411016. Tel: (91-20) 2565 2677. Three-bedroom apartment, common kitchen/dining area. There is also a small studio apartment available with a private entrance. Mosquitoes are prevalent on the lower floors, so be sure to have netting or other bug barriers. Email: Srishti01@hotmail.com.

Prajay Chudasma. Fourth Floor. Tel: (91-20) 3290 5772. Three-bedroom apartment. Cell: 9881710029/9766636550; Email: pcwin35@yahoo.com

Mr. Shrirang Altekar. Seventh Floor. Tel: 2567 5778 or 2566 1587.
Email: sorang@vsnl.com.

Harshada Shirole. Ninth Floor. Three-bedroom apartment; each has its own bathroom and washing machine. Harshada may be reached at the Chetak Hotel, 11 am to 2 pm, or by phone: (91-20) 2565 2681. Email: hotelchetak@gmail.com.

Mr. C. N. Mody, who lives in the low house next to the Institute (to the right, as you face it), rents out the eighth floor of the house. There is only one bathroom. Mr. Modi and his wife tend to show up at the apartment without notice. Write to him at this address: Final Plot No. 467/B2, Hare Krishna Mandir Marg, Ganesh Khind Road, Pune 411016. Tel: (91-20) 2566 2195.

Nanda and her husband **Murtuz** have hopefully completed the purchase of a two-bedroom, two-bathroom apartment in the Gobind building, which shares a driveway with Jivan Deep. Murtuz (who runs the Murtuz-Dashti car service) will be managing the rental of this apartment. Email: tahera1234@yahoo.com.

Mrs. Anamika Pai, Phone #9860195437. Email: drpaivkas@gmail.com
#5 Ambica Apartment, Hare Krishna Mandir Road, Model Colony, Shivaji Nagar, Pune 411 016 Mahastra. Three minute walk from RIMYI. Recently renovated large, quiet, bright, fully furnished two bedroom flat, with living room, terrace, TV, two bathrooms, washing machine, complete modern kitchen for cooking, comfortable beds and screens on windows. Includes a local phone for incoming and outgoing calls, daily cleaning service, Internet service. Daily cook and laundry available for an additional fee.
neetagandhi01@gmail.com or devanggandhi24@gmail.com
Tel: 91 9422523688

Smita Paranjape. 4, Rutica Apartments, 1098/5A Model Colony, opposite the Model Colony Post Office. Tel: (91-20) 2565 1669. Email: smiitapark@gmail.com. Website: www.smitapark.com. Beautiful apartments to rent and share. Rooms A, B, and C share a spacious furnished living room, fully equipped kitchen and a beautiful open terrace. Room D: Single occupancy; 13' x 10' with one bed; on the ground floor of the apartment building; private attached bathroom; exclusive courtyard and separate entrance. There's no kitchen, however, the room is equipped with a microwave and refrigerator, and limited cooking facilities. Rental charges include the following amenities: Fresh bed linen and towels; Aquaguard® filtered drinking water; 24-hour hot and cold water; washing machine; daily maid service, which includes cleaning rooms, bathrooms and common areas, and dish washing; cooking gas and electricity; mosquito net; phone facilities; unlimited Internet access in all rooms; and referrals for travel, transportation and other services. Email early as the rooms rent quickly.

Karishma Karydaki Knipper. Bhosale Lakewoods, Apartment No. 7, Plot No. 1119, at Lakaki Lake, Model Colony.
New (2013): 3 flats available (two 2-bed/2-bath & one 1-bed/1-bath) excellent locations, quiet, clean with greenery, water purifier, Wi-Fi.
Tel: (91-20) 2567 5719. Cell: 932-685-0869. Email: uknipper@gmx.de.
Ed: complaints have been made about this landlady and the state of her apartments. Rent only if you are desperate!

Vijaya Bungalows. Ashwini Dougal. Vijaya Bungalows. 468/C2, Hari Krishna Mandir Road (opposite the Institute). Tel: (91-20) 2567 1185. Two downstairs rooms, en suite, one double room upstairs, two balconies and a large outdoor garden. Cooking facilities available. Big lounge, dining area, TV.

Avind and Anjali Deo rent out rooms in their house and in a flat 15 minutes' walk from the Institute. Tel: (91-20) 2565 5923. Email: Agdeo7044@yahoo.com.

Neeta Gandhi: two apartments, adjacent to RIMYI:

- 1) Two bedroom, fully furnished flat with attached bathrooms. 9, Aakar Apartment, Hare Krishna Mandir Road, Model Colony.
- 2) A four bedroom, fully furnished apartment all with attached bathrooms. Wi-Fi. Tel: +91 9422523688. Email: neetaganthi01@gmail.com.
devanggandhi24@gmail.com.

Sameer Jainapurkar. This apartment, four to five minutes' walking distance from the Institute (near the Model Colony Post Office), has pleasant surroundings. It is furnished and has one bedroom, a living room, kitchen, and a yoga practice room with many windows. Suitable for one or two people. Best to visit the apartment before renting as the conditions have varied. Tel: (91-20) 2565 2265. Cell: (91) 98810 7473.

Email: sameerjainapurkar@gmail.com.

Website: <http://tinyurl.com/iyengar-institute-apartment>.

Nyati Hermitage (rated No. 1 Residential Property in Pune, 2001 – 2002). Penthouse in Ramnagar Colony, off NDA Road in Bavdhan. 3,500-square-foot living area plus 1,000-square-foot balcony/private terrace with lake and forest views. Four spacious bedrooms, four attached baths, large kitchen, spacious living room and dining room. Fully air-conditioned and fully furnished. Two-car garage. 24/7 security. Ideal for sharing or as a guesthouse. Cooking and maid service can be arranged. Contact Shashikant Murdeshwar, Property Manager. Tel: (91-20) 2546 2420. Tel (U.S., Naren Desai): (513) 290-2268 (PST).

Fiona Dewar rents two apartments very close to RIMYI. Fiona comments that its' nice to have people return who now make it their Pune home. The three-bedroom, first floor apartment on the Hare Krishna Mandir Road (off the main street) is five blocks from the Institute on the same street; the two-bedroom apartment is five minutes' walk from the Institute. The one near the Institute has seen better days although is acceptable. Book well in advance, though cancellations are sometimes available. Suitable for families with children. Email: deepchandi108@gmail.com

Milind and Deepa Darp. Radha-krishna, 1118/A, Lakaki Road, Shivaji Nagar, Model Colony. Tel: (91-20) 2589 8816. Cell: 982-203-8265. Three apartments, approximately 800 meters from the Institute: The first, on the top floor of the bungalow with a separate entrance, comprises a kitchen, two bedrooms, and bathroom with a hot-water boiler. One bedroom has two beds, phone and Internet connection; the other has one bed. The kitchen has a washing machine in the attached laundry area. Apartment 2, with a separate entrance on the ground floor, has two rooms and a veranda, air conditioning in one room, two beds (one small bed can be kept in the dining room), TV, washing machine, and bathroom. The third apartment is on the first floor of bungalow. The kitchen has a sink, cooking gas, toaster, refrigerator and all necessary utensils. In the bedroom are a writing table, wardrobes and hangers, a clothes-drying rack, fan, water

purifier, refrigerator and TV. An additional kitchen facility is available for all three apartments. The first and the third apartments have a common door that is kept locked, but upon request it may be left open so that the three bedrooms and two toilets can be shared. Broadband can be arranged for all three as well. Bicycles are available. Maid service, Internet, cooking gas, air-conditioning, etc., will be charged additionally per use. Email: milinddarp@gmail.com.

Mrs. Neha Bhadsavle. Yeshwant, 1015/5, Shivaji Nagar. The apartment is a 10-minute walk from the Institute and consists of one furnished room on the first floor of a three-story building, with independent access and limited kitchen facilities. The bathroom has a hot-water boiler and a European-style toilet. Quiet surroundings; broadband and washing machine on premises. Tel: (91-20) 2565 8371. Cell: 937-165-4367. Email: nehabhadsavle@gmail.com.

Nirmala Prabhu. A1/12, Hare Krishna Road. A fully furnished apartment in a well-maintained housing complex, with three bedrooms, kitchen, hall and all amenities, is available for lease on a short-term basis. Tel: (91-20) 2565 3761 or 985-090-3793. Email: anandsma@yahoo.com. Cc: dkprabhu@yahoo.com.

Nirmala also offers a second apartment just round the corner from the Ambassador Hotel. It is on the ground floor, has 2 small rooms (could both be used as bedrooms) and a small kitchen. Clean, but noisy. On the plus side it has a set of wall ropes!

Priya owns and rents a beautiful Model Colony apartment. Tel: (91-20) 2565 5333. Email: priyanvada@gmail.com.

Anjali's Kothari has two fully furnished apartments with cooking facilities at the doorstep of the Institute. One is bang opposite Chitrangan Vatika barely 300 steps away from the Institute. The second apartment is approx. 1km away in Bhosale Nagar, which is a quiet peaceful residential area. Rents are reasonable. Anjali's Helpline: Tel: (91-20)-2543-3958; mobile: 098-2325-0339 anjalikothari42@yahoo.co.in

Accommodation available: e-mail: vinsonspn@gmail.com. Tel: 91 9960683834. A three bedroom, three baths, living room and kitchen apartment, 2 minutes walking distance from the Institute. The kitchen is fully equipped with fridge, gas, water filter etc. It is on the first floor (13 steps). Another three-bedroom apartment is also available opposite the Institute.

Accommodation for Yoga students: Contact **Nileema**. Tel: 9822092942. Email: drdhoble@gmail.com

Kedar Deo. 44, Iris Garden, Gokhale Road, Near 'Om Super Market', Model Colony, Pune 411016. A 2-bedroom Guest House facility ONLY for Yoga Students and Teachers visiting RIMYI. Check it out on Facebook (<https://www.facebook.com/IrisGardenGuestHouseForRimyiYogaStudents>) or in person on the next trip to Pune. The apartment is close to RIMYI and on the 5th floor, which makes for a very pretty tree top view. Mobile: +91 9921120033 Office: +91 20 2588381

Ms. Saha. Newly renovated two-bedroom, two-bathroom apartment located 125 meters (3-minute walk) from Ramamani Iyengar Memorial Yoga Institute (RIMYI) is available for rent starting July 2013.

<https://sites.google.com/site/yogarental/home>. Email: b3kusum@gmail.com

Bruna Naitana . Brand new 2 bedroom flat located on the 3rd floor opposite the Iyengar Yoga Institute. Bedroom 1 has double bed, attached bathroom and a small veranda overlooking the institute. Bedroom 2 has a single bed and the bathroom is right across the hallway. The apartment has a new water filter, a laundry room with a washing machine and a fast Wi-Fi Internet connection, fully equipped kitchen and a spacious living room with a flat screen satellite TV. Email: shardanayoga@yahoo.it. Indian mobile: +91 814 9079017 (am also on WhatsApp and Viber if you have a smartphone)

Lynn Holt. I am an Australian Iyengar Yoga teacher currently living in Pune and studying at RIMYI. I have a very large and beautifully appointed apartment with rooms for rent. The flat is situated within 8-10 minutes walk from the yoga institute near the lake. It is a first floor apartment within a small block of seven with Three- bedrooms, a large dining room, separate lounge and kitchen and two terraces. The floors are marble and the apartment is wonderfully cool in the warmer months. As I am living in the apartment in Pune, I can assist you with any information or services needed during your stay in Pune.

I can be contacted on lhsunshinerising@gmail.com or Skype/ mobile number is +91 9595466399

Website www.yogvidya.co

Anandi. A two bedroom flat about 2 kms from the institute, located in a very quiet and peaceful area with 2 baths, a kitchen, a living room and two big terraces.

The site below has recent photos of the flat.

<https://sites.google.com/site/asavegharkoolchan/>

<https://www.facebook.com/anandi.herlekar>

<https://sites.google.com/site/asavegharkoolchan/>

Ms Saha. Newly renovated two-bedroom, two-bathroom apartment located 125 meters (3-minute walk) from Ramamani Iyengar Memorial Yoga Institute (RIMYI) is available for rent starting July 2013. <https://sites.google.com/site/yogarental/home>

Contact: b3kusum@gmail.com

3 BR Luxury flat Near RIMYI

2 Bathroom 1400 square feet, fully furnished apartment next to Hare Krishna Mandir and 100 meters from Ramamani Iyengar Memorial Yoga Institute (RIMYI). The kitchen is fully stocked with a gas stove, microwave, water filter and washing machine.

The apartment is in a quiet lane off the main road with lush green views from every window (you can wake up to the sounds of cuckoos every morning).

Wi-Fi Internet access is available.

2 BR Luxury Flat Near RIMYI

Fully furnished apartment on fourth floor with lift, just 750 meters (10 minutes walk) away from RIMYI. The apartment has a fully stocked kitchen and is in a quiet lane off the main road. Wi-Fi Internet access and TV is available.

Please call/SMS **Ramesh** at **+91.997.539.8028** thadani_r@hotmail.com

Dr. Nileema Dhoble. Flat no. 301: 2–bedroom fully furnished, well-ventilated apartment on the third floor of Manohar Residency, directly across from RIMYI. Bedroom 1) has a double bed, attached bathroom and a veranda overlooking the Institute. Bedroom 2) has a single bed, with bathroom across the hall.

The apartment has a fully equipped kitchen, a laundry room with a washing machine, a flat screen satellite TV, plus a fast Wi-Fi internet connection. Maid service on request. Fresh Indian food and breakfast extra.

Also available: A single bedroom in the owner’s apartment on the 4th floor of Manohar Residency. The room has a terrace overlooking the Institute. Same facilities as above, except the kitchen is shared.

Contact: **Dr. Nileema Dhoble** +91 9822092942; email: drdhoble@gmail.com

Karishma. Quiet spacious 2B/2B apartment - perfect location, walk through park to RIMYI. Contact Karishma or Udo Knipper. Email: UKnipper@gmx.de

Radhakrishnan. Room in an apartment near RIMYI (200 meters) on HKM Road. Private entrance, attached bath/toilet, small kitchenette with microwave. Ideal for one person, but will work for two. The neighbors are generally nice and helpful as well. Please contact Radhakrishnan for details: srkpnq@gmail.com

Three apartments available for short term rentals. You'll find full details on this website: yogaapartmentpune.com

Newly renovated two–bedroom, two–bathroom apartment located 125 meters (3 minute walk) from Ramamani Iyengar Memorial Yoga Institute (RIMYI). Have a look at their website (<https://sites.google.com/site/yogarental/home>) for additional details and photos. Contact: b3kusum@gmail.com

Iris Guest House. 2-bedroom guesthouse exclusively for yoga students and teachers visiting RIMYI. This fifth floor "yoga practice friendly" apartment has beautiful treetop views and is close to RIMYI. For more information contact **Kedar Deo**. 44, Iris Garden, Gokhale Road, Near 'Om Super Market', Model Colony, Pune 411016. Mobile: +91 9921120033; Office: +91 20 2588381.

A quiet 1-bedroom apartment in Pune. It is in the Indraprashta Apartments just down Hare Krishna Mandir Road from RIMYI. Contact Karishma or Udo Knipper for details: UKnipper@gmx.de

Rima Gaikwad. A completely refurbished 3 bedroom, 3 bathroom, 1300 sq.feet penthouse flat for rent to Iyengar students. Attached private terrace. Two of the bedrooms have an air conditioning. Wi-Fi connection available. Maid available for cooking and cleaning. Distance: about 12 to 15 minutes away from the Institute by rickshaw. Located in Aundh opposite Fab India and near Mainland China (an upscale Chinese restaurant “that a lot of the women go to”). Contact Rima (from **Hand Made** – see “**Shopping in Pune**”) on +91-9822009858 or email: rima_gaikwad@yahoo.com.

Mrs. Madhavi Gambhirwala. A 2 bedroom/2 bathroom apartment about 10 minutes walk from the Institute, located on the 3rd floor is available for rent. It is open on three sides (east, west and north), airy, and well lit. It is about 1000 sq feet of carpet area. The

apartment can accommodate 4 persons - 2 in each bedroom. Tel: (020) 25656423.

Rooms to rent

CBC – Ashram.

Mobile no: Manager: 91-98228 61888

Land Line: (91-20) 25536873

Christa Prema Seva Ashram, 27, N. Tanaji Wadi, Shivaji Nagar, Pune 411005. Tel: (91-20) 2553 9276.

Other contacts for accommodations

Gulnaas: Tel: (91-20) 2567 7791.

Mataji: Tel: (91-20) 2567 0625.

Guidelines for tipping maidservants

Unlike Europe and the U.S., India does not have tipping customs per-se, and practices vary greatly, even among the locals. Here are some guidelines from a foreign student living in Pune: “If you feel you got good service, then tip. If you feel let down—the maidservant decided to take a break and didn't let you know or she hardly cleaned—then don't tip. Two hundred to three hundred rupees are plenty for one month if the work was done. This is much higher than what the locals pay, because when the maidservant is a regular worker, a good employer will help her with medical expenses, marriage costs, etc. There is an ongoing obligation to assist an employee in times of need. Tenants of one month (such as yoga students) do not have this responsibility. As students are only in the apartments for six to eight months of the year, maximum, tipping gives maidservants extra income to cover the lean times. Do not be bullied into over tipping, and do not let a maidservant bring in another person while working. Be polite, but keep a professional distance. Stealing is common, so keep all valuables locked away. Some landlords have maidservants that are treated like part of the family and trusted totally. Others employ servants randomly with no background checks or recommendations, putting tenants in a vulnerable position. If you want to give financial assistance to someone in need, by all means, help if you can. When our maidservant's husband nearly died, the tenants gave her money for medical bills. But always speak to the landlord/agent first to verify that the need is genuine.”

This was sent in to the Pune Guide more recently (2014) than the listing above. “*I would like to point out that the recommended tip for maids is painfully low. Rs 200 is less than \$4. I generally recommend a tip of Rs 50 to Rs 100 for a two-day stay. It is appreciation for work that few people would do today. We as residents pay 10 times more than we did just 4 years ago. What is the use of development if it doesn't trickle down to the needy?*”

Hotels in Pune

These are just a few of the more popular hotels in Pune:

Hotel Ajit. 766/3, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2567 1212.

Ambassador Hotel. *Four-star rating.* 1125, Model Colony, off Fergusson College Road, Shivaji Nagar, Pune 411016. Tel: (91-20) 2566 0622/3/4/5.

Fax: (91-20) 3022 0621. Website: www.hotelambassador.co.in. Complaints have come in from students about this hotel; staff being beaten up by gangsters, which the owner does not want to reported to the police, and prostitution.

The Ambience Hotel. *Four-star rating.* 1105/2, Lakaki Road, Model Colony, Shivaji Nagar, Pune 411016. Manager: Mr Nilesh. Tel: (91-20) 41005555. Cell: 982-293-3457. Email: ambiencehotels@gmail.com. A student recently reported: *"I needed a room for one night and compared similar rooms at the Ambience and the Ambassador Hotels. I didn't see any real differences in quality. The Ambience was less expensive, however. In 2009 the room rates at the Ambience were: deluxe single rooms, 2,300 rupees; double rooms, 2,700 rupees; and super-deluxe single and double rooms, 2,700 and 3,100 rupees. RIMYI students receive a 10 to 12% discount on these rates. The **Aroma Restaurant** on the roof is all vegetarian and frequented by RIMYI students."*

Hotel Ashish Plaza. 1198, Fergusson College Road, Shivaji Nagar, Pune 411004. Tel: (91-20) 2553 6541/2/4. Fax: (91-20) 2553 2699. Website: www.ashish@hotelashishplaza.com.

Hotel Chetak. 1100/2, Model Colony, Shivaji Nagar, Pune 411016. Tel: +91- 202565-2681. Fax: (91-20) 2565 4078. Email: hotelchetak@gmail.com. Or contact Harshada Shirole, tel: 985-056-9044.

Hotel Deccan Park. 299/19, Fergusson College Road, opposite Hotel Vaishali, near the British Library, Deccan Park, Pune 411004. Tel: (91-20) 2565 6511/2. Website: www.hoteldeccanpark@vsnl.net.

Hill View Executive Hotel. BMC College Road, opposite the Roopali Restaurant, Pune 411004. Tel: (91-20) 2565 2096.

Gordon House Hotel 132a, E-Square University Road, Ganeshkhind (near Pune University). 411016 Pune Reservation: (+91 991007113 outside of India) (+0989187082 inside of India)

Hotel Ketan. 917/19A, Fergusson College Road, Shivaji Nagar, Pune 411004. Tel: (91-20) 2565 5081/84. Website: www.hotelketan.com.

Hotel Kohinoor Executive. *Four-star rating.* 1246/B, Apte Road, Deccan Gymkhana, Pune 411004. Tel: (91-20) 2553 2000/1811. Fax: (91-20) 2553 2447. Email: contact@kohinoorhotels.com. Website: www.kohinoorhotels.com.

Courtyard Marriott. Pune City Center, C.T.S No 37 & 37/1 Bund Garden Road (Next to Jehangir Hospital). Phone: 020 67248181.

JW Marriott Hotel. Senapati Bapat Road · Pune, 411053 India.
<http://www.marriott.com/hotels/travel/pnqmc-pune-marriott-hotel-and-convention-centre/>

Le Meridien. *Four-star rating.* Raja Bahadur Road, Pune 411001.
Tel: (91-20) 2605 0505. Fax: (91-20) 2605 0506.
Email: sales@lemeridien-pune.com. Website: www.lemeridienpune.com.

Hotel Nandanvan. 1202/A, Apte Road, off Shirole Road, Pune 411005.
Tel: (91-20) 5553 1111.

The O Hotel, North Main Road, Koregaon Park
Pune 411001 India Tel. + 91 20 40011000 Fax + 91 20 40011009
Email: http://ohotelsindia.com/hoteloverview_pune.html
Five star hotel.

Hotel Pathik. Shankarrao Kudale Chowk, off Jangali Maharaj Road,
Pune 411004. Tel: (91-20) 2553 2085/6.

Hotel Parichay: www.parichayhotels.com

Hotel Ranjeet. 870/7, Bhandarkar Institute Road, Deccan Gymkhana,
Pune 411004. Tel: (91-20) 2565 5013/4/7.

Hotel Raviraj. 790, Bhandarkar Institute Road, Deccan Gymkhana,
Pune 411004. Tel: (91-20) 2567 9581, 6602 7001. Fax: (91-20) 2567 4978.
Email: hotelraviraj@yahoo.com. Website: www.hotelraviraj.com.

Hotel Sheetal. 1180, Fergusson College Road, Shivaji Nagar, Pune 411005.
Tel: (91-20) 2553 5165/7/8. Fax: (91-20) 2660 27933.
Email: hotelsheetal@hotmail.com. Website: www.hotelsheetal.net.

Hotel Shreyas. 1242/B, Apte Road, Deccan Gymkhana, Pune 411004.
Tel: (91-20) 2553 1963/6903. Email: info@hotelshreyas.in.
Website: www.hotelshreyas.in.

Span Executive Hotel. 1170/31/5, Revenue Colony, off Jangali Maharaj Road, Pune
411005. Tel: (91-20) 2553 5960.

Deccan Rendezvous (previously called: Hotel Surya). 1202/3, Apte Road, Shivaji
Nagar, Pune 411004. Tel: (91-20)
2553 0801/2/3/4. Fax: (91-20) 2553 1187. Email: surya@pn2.vsnl.net.in.
Provides very good food.

Taj Blue Diamond. *Five-star rating.* 11, Koregaon Road, Pune 411001.
Tel: (91-20) 6602 5555. Fax: (91-20) 6602 7755.
Email: bluediamond.pune@tajhotels.com. Website: www.tajhotels.com.

A brief note on electronic hotel safes:

This came from a student who recently stayed in Pune: *“On the surface, the prudent thing to do would be to use your hotel room safe. However, some of the electronic safes are prone to breaking down and have no master key, at least at the Ambience Hotel. The staff seemed sympathetic to my plight when the electronics on my safe quit and it wouldn't open, but none of them had the authority to carry out the obvious and only solution: to pull it out of the wall and break it open. It took three days to get permission from the hotel manager before one of the staff could bash it open with a hammer.”*

RAMAMANI IYENGAR MEMORIAL YOGA INSTITUTE (RIMYI)

RIMYI Address

Ramamani Iyengar Memorial Yoga Institute (RIMYI).

1107, B/1, Hare Krishna Mandir Road, Near Pune Central Mall, Model Colony, Shivaji Nagar, Pune 411016, Maharashtra, India.

Tel (Mr. Pandurang Rao (aka Pandu): 91-0202565 6134.

www.bksiyengar.com

Please remember that attending classes at the Institute is a privilege and not a right. All classes are taught in English. Students should have a working vocabulary in English and have listened to the many available CD's of Prashantji and Geetaji's classes to familiarize themselves with their pronunciation and use of terms. Knowing the Sanskrit names of all asana is required.

Before entering the Institute building, shoes must be removed and placed in the metal racks provided for that purpose. This area is protected and there is a guard to see that your shoes don't disappear. Please do not put your shoes in a bag and take them into the Institute.

Checking in

- Check in with Pandu when you first arrive at the Institute. He is available from 9 am to 12 noon and 4 pm to 7 pm Monday through Saturday. Closed Sunday. Tel: 910202565-6134 (call him when he is at the Institute). Email: info@rimyi.org. This takes you to the Institute office. Mark your email 'For Pandu'.
 - The Institute is closed on Sundays (except for the children's class on Sunday morning).
- You will be assigned to the classes that Pandu has selected for you based on whether you are a first-time student or have attended previously. You will also be given a schedule for practice times in the asana hall. Certain classes are set, e.g., all female students must attend the Wednesday and Saturday women's classes.

- Never try to take a class that you haven't been assigned to. The Iyengars and Pandu will be informed, and they will not appreciate it.
- Pay Pandu for your course, the amount owed after your deposit. Class tuition may be paid in cashier's checks (bank checks), traveler's checks, or cash—rupees, dollars or euros. Class fee for the month is \$450/month.
- To observe either the general class or medical classes, one must request permission from Pandu and pay the class fee of \$100.
- If you want to assist in the medical class, ask Pandu first. You must be certified at a Junior I level or higher to do so.
- Students foreign to India who arrive at the Institute without having been booked through the usual channels may be offered classes not taught by the Iyengars on the second floor. Beginners and intermediate level classes are held every day except Sunday, when the Institute is closed. Students who have studied for at least two years may also attend a 90-minute class—again, not taught by the Iyengars—on the second floor. Participation in these classes is entirely at RIMYI's discretion, so it helps if the student is *not* insistent. It also helps if the (non-beginner) student mentions the name of the Iyengar teacher with whom he or she has been studying. The program starts on the first of the month and ends on the last day of the month; it may also be extended for more than one month.
- Advanced classes and practice sessions are offered on the first floor. Intermediate and beginner classes meet on the second floor (see above).

RIMYI Store

Store hours are from 9 am to 12 noon and 4 pm to 6 pm on weekdays and Saturday. The Iyengars are wired for amplification and sound recording in the asana hall. CD's of their classes are available at the store. Also available are DVD's (when the class has been videotaped), books and props (but not sticky mats. Get them at Champion Sports – see SHOPPING IN PUNE). Parvez sells CD's of Prashantji's classes, exclusively, and accepts only cash.

Advice from a student who recently returned from Pune: “I advise you not to test the Institute DVD's in your computer's DVD drive. A few of us had problems ejecting the DVD's after they froze. They usually work better in a stand-alone DVD player.”

Protocol before and during class

- Please bathe prior to class whether you attend morning or evening class.
- Classes are large; come early to the yoga hall early (10 to 15 minutes *minimum*) to claim a space. If you are late coming into the hall, sit by the door to chant invocation. *If you are late, do not walk around the room looking for a spot.*

- During class, anyone who needs help jumping up into Adho Mukha Vrksasana or Pincha Mayurasana should line up against the rope wall and be ready when the helper arrives.
- Avoid doing Adho Mukha Vrksasana on the platform with feet pointing up under the Shiva statue; take care that you are not touching the photographs of Guruji with your feet (this is particularly relevant in the area near the entrance to asana room). Also, do not put your feet against the base of the Patanjali statue.
- *During the months when classes are large*, assistants will make certain that everyone has a place and the appropriate props. Geeta, or whoever is teaching will not start until everyone is accommodated.
- Find a place and position yourself in the vertical rows radiating from the center of the room, in front of the platform where the teacher begins class.
- Talking in the asana room is generally kept to a minimum. Small talk is discouraged during practice sessions and while waiting for the class to begin. Confine your conversation to yoga-related topics.
- A request to “alternate yourself” means that the person in the center vertical line in front of the platform should lie with his or head toward the platform and the persons to the left and right of him or her should lie with their heads facing in the opposite direction of the center person. Continue in this manor to the end of the line. In Savasana, this allows you to spread your arms without restriction by placing them between each of your neighbor’s forearms and their torso.

Props

- After the invocation, any blankets or bolsters that are not required for immediate use should be placed so that the teachers may walk around the room and adjust the students without worry of tripping over them.
- **Props for the asana class:** The prop room is at the opposite end of the hall from which one enters. Prepare for the invocation by providing yourself with a sticky mat and the appropriate number of blankets to sit on
- **Props for Pranayama class:** a thick mat (the stack is placed at each end of the hall), a bolster and generally one blanket. Make sure your fingernails are clipped before class. And have a handkerchief (tissues are not permitted in the class) on hand, in case you need one.
- When **props** are requested, they can be passed out of the prop room to the students. This applies to chairs, belts, blocks, bolsters and blankets.
- For efficiency and speed in collecting the props you need, it helps to be friendly to your neighbor and agree to watch props for each other and share the task of collecting them.

- **Sticky mats** are very valuable in Pune and the Institute takes great care to preserve them. Do not place wooden props or chairs on them. And do not fold the thick mats, even when carrying them or putting them on the floor. Many students bring their own sticky mats and donate them to the Institute at the end of their stay, and this is much appreciated.
- **Setting up the mats for Sarvangasana:** Pair up with another student and carry the required number of mats between you. Generally, four rows of mats are placed in straight lines, parallel to one another. The first row is placed three feet from the front of the stage and successive rows are arranged with three feet between them. The piled mats provide the base for Sarvangasana. More height (a folded sticky mat and blanket) may be added if required. You may be asked to “alternate yourself” for Sarvangasana, particularly if you are going to do the variations. Do not, however, assume that the setup for each class is exactly the same. Listen carefully to the teacher and assist one another so the class can proceed smoothly.
- Do not leave the hall until all the props are put back in the closet and the windows closed. Endeavor to put away more props than you used. This will ensure that cleanup is quick and easy.

Observing classes

- When observing a class, be aware of how you are impacting the students taking the class. This is of the utmost importance. If you are sitting at the back of the room near the windows, act responsibly by moving to make space for those attending class.
- If you are sitting in the stairwell observing, you must allow students to enter and exit the second floor classroom. The stairwell is circular, therefore be sure to stand away from the broader part of the staircase so these students can ascend and descend.

Taking photographs is strictly forbidden, either of classes or of the students or Guruji in the practice session. However, permission may be granted in certain circumstances; ask Abhijata if you wish to take a picture or two of the children's class.

Guidelines for women

- Menstruating women are assigned to a designated area at the back of the asana room where they follow a sequence of poses given by an assistant. Tell an assistant that you are menstruating as soon as you arrive at class. Do not join the class if you are having your period and then drop out during inversions, i.e., *don't wait until Sirsasana to tell someone you have your period*. It is very distressing to Geetaji when someone decides they don't need to be “on the side.” This is considered very rude.
- Dress respectfully for class, e.g., a short-sleeved T-shirt, not a close-fitting tank top or camisole with spaghetti straps. Remember to tuck your t-shirt into your shorts.

- If you have long hair, tie it back.

Tradition, etiquette and other helpful tips

- While waiting to enter the hall for class, stay to the left side of the stairwell so those leaving class can descend.
- If you are unwell, e.g., if you have diarrhea or a migraine, you should tell an assistant immediately upon arrival to class and follow their instructions. You won't remain in the regular class but will join a separate group and practice a modified sequence. If you have a fever, bed rest is best—stay home.
- The trestle closest to the prop room is Guruji's area during the practice sessions and evening classes. Do not attempt to set up in that area or move any of the props there. The stage area is often set up during practice sessions for one of the Iyengars. Be attentive if you see that things are being arranged for them; always put their practice before yours.
- When sitting facing the stage listening to a discourse by Guruji, Geetaji or Prashantji, *do not display the soles of your feet*. Cross your legs or fold them to the side, or sit in Vajrasana or Virasana.
- When observing Guruji in the practice sessions, please do not take notes!
- Gifts of food to the Iyengar family must be pure vegetarian (even "fancy" chocolate contains eggs) but really, it is best not to give food of any kind, *especially left over food*. Cash donations are always appreciated as they benefit the needy and go to fund many projects in Bellur.

Holidays at the Institute

(Please note: These dates are approximate; check Google for exact dates for a particular year.)

- Republic Day – January 26
- Gudi Padwa – March 20. (per Hindu calendar)
- Hanoman Jayanti – April 2 (per Hindu calendar)
- May – Institute is closed for the entire month
- Guru Purnima – July (per Hindu calendar)
- Independence Day – August 15

- Ganesh Purnima – September (per Hindu calendar)
- * Daserra – October (per Hindu calendar)
- Patanjali Jayanti – November 7 – no evening classes
- Diwali – Date varies, it can be October or November (per Hindu calendar).
Diwali is a five-day festival starting November 5, 2010 and Oct 26, 2011. Expect the Institute to close for at least three days. There will be non-stop fireworks in the streets the week before and after Diwali. *“Many of us left town during Diwali because of the noise and smoke in the neighborhood. Goa is a good Diwali-break destination—one hour by plane from Pune. Other students headed to the KARE Ayurvedic retreat at Mulshi Lake, an hour’s drive from Pune.”*

GETTING AROUND PUNE

Auto rickshaws

The best and most economical way to get around Pune:

Always make sure the driver starts the meter.

Some of the old rickshaws do not have up-to-date meters. You may need a tariff card to calculate the exact fare. You can pick them up at the Ambience Hotel.

Auto rickshaw driver **Nana**, is recommended by Iyengar students. He speaks English and is reliable and punctual *if a booking time is confirmed*. If the time is not confirmed and you are told to call him “when you are ready” be aware he may not be available when you call. He can also arrange for airport transfers and take you to unfamiliar locations in Pune, and he’ll wait while you sightsee, shop, etc. He charges metered rates. Nana has made many “foreign friends.” On one occasion, he took some teachers on a Sunday morning, out-of-town bird-watching expedition. Tel: 989-033-9346

An alternative to Nana, who is frequently unavailable, is to call (via cell phone) the place you wish to visit and have someone there give directions to your driver.

Another alternative is to print out the address of your destination and give it to the driver, but this is less reliable as not all drivers read or speak English.

Mr. Shewte, another reliable driver, can be reached at 976-365-5547 or 942-235-2578.

Amin - rickshaw driver. Responsible, punctual, honest and speaks English. Recommended. Tel: + 91 9604933059

Important Note: It is not advised to go out alone after 10:00 pm. It is not 100% safe, even around the Model Colony area.

THINGS TO DO IN PUNE, AND BEYOND

A must see for those interested in the cultural history of Pune and beyond: **Raja Dinkar Kelkar Museum**, one collector's extensive and eclectic collection of folkloric and spiritual artifacts from all parts of India. 1377-78, Natu Baug, off Bajirao Road, Shukrawar Peth, Pune 411002. Website: <http://www.rajakelkarmuseum.com/index.asp>.

Parvati Hill. A collection of about five temples high up on Parvati Hill. The best time to go is 5 pm, when the sun is down. At the top you can see the whole of Pune. It's a 15-minute rickshaw ride from the Institute.

Shinde's Temple located at Shinde Chhati, Wanowrie: as one student put it, "*one of the most peaceful and beautiful temples I visited in Pune*".

Pataleshwar Cave Temples. Shivaji Nagar, not far from the Institute, from the 8th century.

Mahatma Phule Museum. Shivajinagar, Ghole Road, Tel: 020-553-2750 | dusty museum with artifacts, geology samples, etc. Interesting and a bit odd.

"A very nice weekend trip is to go to to **Panchgani** and **Mahabaleshwar**, both Hill Stations from British times. There is a great View like the Grand Canyon and clean mountain air. We stayed at Mount View heritage hotel est. 1923 and liked it very much".

On Saturday and Sunday morning there is a **guided walking tour**, starting at 7.00PM at the PMC building. www.puneheritagewalk.com

Movie theaters in Pune

E-Square Movie Theaters. No. 132, University Road, Ganeshkhind, Pune, Maharashtra 411016, India (same building as Gordon House Hotel). Phone: 020 66044111. <http://www.e-squareindia.com>. *Walking distance from Institute.*

Day and weekend trips

A lovely place to stay is **Mount View Heritage Hotel** in Panchgani. Regular buses for Mahabaleshwar leave Swargate bus station, takes 2 hours and costs £1. The hotel is lovely and very peaceful. It is a nice overnight or weekend place to stay if you need fresh air and the sound of nature. <http://www.hotelmountview.co.in/hotelmountview/>

Karla and Bhaja caves are only about an hour from Pune, in Lonavla, off the Mumbai-Pune Highway. Though not as spectacular as the Ajanta and Ellora caves, they are very interesting. A day trip for four with an air-conditioned car should cost less than 2,500 rupees. Weekends the Karla caves are crowded with Hindu devotees—it's frantic but fun, if that's your cup of tea. The Bhaja caves are more serene. Both require a 20-minute

steep uphill hike, so dress appropriately.

Aurangabad:

Daulatabad Fort. This is a spectacular fort. If you are visiting the nearby **Ellora Caves**, take time to visit **Cave Crystals Handicraft & Natural Stones**, across from the Kailas Hotel and walking distance from Ellora Caves. It offers an array of beautiful stones and crystals for great prices. **Milan Restaurant** – great restaurant frequented by locals but not often by tourists.

Kailas Hotel. Tel: 024 372 44446. www.hotelkailas.com. If you plan on staying overnight in Aurangabad, this hotel is highly recommended.

Ajanta and Ellora Caves. This remarkable site is only a few hours from Pune. The magnificent temples and monasteries carved into the rocks contain sculpture and painting that represent Buddhist, Hindu and Jain art dating from 800 AD. The Kailasa Temple is twice the size of the Parthenon; the life of the Buddha is painted on the walls of another temple. Book a car and a driver in Pune and stay at a hotel in Aurangabad or near the caves.

From a student at the Institute: *"I didn't go, but I received a quote from The Traveler/Silver Jubilee Travelers of 16,000 rupees for two people, which included a driver with an air-conditioned car—way above my budget. The agent takes a heavy profit on the hotel room; it's better if you can arrange the trip directly through a car service and book your own hotel."*

From another student: *AC bus from Shivaj Nagar bus station leaves every half hour for Aurangabad-a 4-5hr.trip. Be sure to specify "AC Bus" From there, hire a car to the caves. Ajanta is a 3 hour drive and Ellora is 30-45 minutes from Aurangabad.*

You can also have your driver take you to Ajanta and then drop you off at a hotel in Ellora.

Recommended Hotel in Aurangabad:

The Lemon Tree

Wi-fi, restaurant, good service. Book weekends in advance.

Staff can arrange a car to the caves and a tour if you like. Recommended: one day for each site. Both are spectacular.

Highly recommended! The Best!

Sk. Sadeek-a very gracious generous spirit and native of Ellora is part owner of a lovely 32 member co-op fabric shop there called Aurangabad Handloom Products. Sadeek can arrange for cars to and from Ellora as well as guesthouse or hotel accommodations. He also knows all the "secrets" of the caves.

Tel: +919960589867

Jejuri. A pilgrimage site, one hour from Pune.

KARE Ayurvedic Retreat. (See *Ayurvedic resources.*)

Lonavala. There is a new luxury Hilton Shillim Estate Retreat and Spa up in the Lonvala hill area (about midway between Pune and Mumbai):

<http://www3.hilton.com/en/hotels/india/hilton-shillim-estate-retreat-and-spa-PNQSHH1/dining/index.html>. *“Scenery, food, service were all excellent. It is quiet and relaxing. Just what we wanted during the noise of Diwali in the city. We hired a driver and it took about 2 hours on the way up and 1.5 hours on the way back. You stay in villas which are spread out over huge acreage so it is very private. I would definitely go back again if the opportunity arises.”*

Matheran. This incredible place to visit is only three hours from Pune. No cars are allowed in Matheran. Walking, horseback riding and man powered rickshaws are the only modes of transportation. The views here rival Hawaii's. There is a 900 foot zip line crossing over a 1000 foot valley – a must try. Laxman Nagu Akhade, and his brother, Naresh Akhade are reliable horse guides: tel: 94 21966313, and their horses are well taken care of. Student's comments: *“The air is good but on the weekends the pathways get extremely dusty from all the visitors. When going riding or walking go early or late in the day. Get back before nightfall as the pathways are not lit. The views are only OK during the dry season due to pollution but still it was a lovely visit. The miniature train to the top is fun although slow, it is just as nice to walk. There is a barrage of drivers and guides waiting for you at the entrance/exit to Matheran, best to book your needs in advance.”*

Lords Hotel: <http://matheranhotels.com>.

Verandah in the Forest: <http://neemranahotels.com/>

Dasvino Country Club. 30 Event Center, At Post: Dasve Lavasa, Taluka Mulshi, Pune 412 112. Situated on the banks of the Warasgaon lake in Dasve, Lavasa is a planned hill city. 1 ½ hrs drive from Pune, come for the day to unwind, swim, sun bathe and eat. www.lavasa.com. Tel: +91 22 4025 6000.

Longer trips:

Agra. Fly to Delhi, and then drive to the Taj Mahal.

Diveagar, Konkan Coast. A rural, non-commercialized, beach town, this is Goa without the glam. Most people do not speak English, the accommodations are very basic, no frills. It is a very beautiful, peaceful seacoast town surrounded by jungles and rice fields. To visit, contact Vikram Moore (p.13).

Darjeeling. Drink first flush tea in the Himalayan Alps.

Nasik. Recommended by an Iyengar student: “This is on the Godavari River, one of India's holiest rivers. Nasik serves as a base for pilgrims and is host to the largest religious gatherings on earth. The Ramkund bathing tank was one of the highlights of my visit. Hindu pilgrims arrive daily to bathe, pray, and immerse the ashes of departed family members into the Godavari River.”

Hotek Abhisek is walking distance to all of the temples, ghats, restaurants, etc. This is one of the more modern hotels near the river. Tel: 2514201. Hotabhi_nsk@sancharnet.in.

Sikkim. A little-known Indian territory nestled between Tibet, Bhutan and Nepal—it's an Eco-travelers paradise. Tel: 948-431-8497.

Email: gyatsok@yahoo.com. Website: www.sikkimvacation.com.

Varanasi. Consider visiting one of the holiest cities in the world. A travel agent can assist you. Most RIMYI students stay at the Ganges View Hotel.

TRAVEL AGENTS/TOUR COMPANYS

** A word of advice from your editor: when booking with any of these companies, particularly if English is not your first language, be really clear and absolutely specific about the type of hotel (three star etc.) you require, the type of tour you want and your travel dates so that there are no misunderstandings.*

Ajit tours (PSA Kesari tours)

Rainbow Plaza office 206, 2nd fl.near Hotel Shivar Garden. Rahatni,Pimpri,Pune
02027206163, 9422016185

For trips to Karla and Bhaja caves

Daily rate without guide;

Six person maximum. Cost Rs.3800 to Rs.4100

With guide Maximum 4 people-Rs.12/km

Ajit tours (PSA Kesari tours) also provides service to Delhi and Mumbai as well as offering guided tours of Mumbai.

Clear Trips: www.cleartrip.com. A reliable and clear booking website for flights, hotels, and especially trains.

Gatik Ventures. Navin Pandey. *Highly recommended* travel agent, based in Delhi. "...Arranged a few days of travel in Gujarat and Rajasthan. He solved some nasty, last minute problems for us very well. If I ever need a travel agent in India, I will call upon him again." Email: gatik@vsnl.com.

The Great Indian Travel Co. provides the authentic insider's India experience—at Indian prices—without any fuss. It can arrange everything from budget bookings to elephant rides. "We aim to be über-helpful, friendly and fun—making your trip to India more incredible and less intimidating." Pranav's email: Chandra@thegreatindianadventure.com.

Neeraj Journeys. Andalkar Bungalow, First Floor, Bhandarkar Institute Road, Deccan Gymkhana. Tel: 2567 1142. Email: nerjouni@bom2.vsnl.net.in.

Roots & Wings Travel Management organizes tours to Rajasthan, Kerala, Varanasi, Rishikesh, Haridwar, Agra, Delhi, Goa, Ajanta & Ellora caves & all places in Maharashtra.

Services provided: hotel, air, railway and bus tickets; currency exchange; special rates for the hotels near Mumbai International airport as well as hotels all over India; Pune Darshan tours & local sightseeing tours. They will also recharge your prepaid mobile phone cards.

“They were the most patient, helpful, gracious couple to work with. I had a hard time making decisions and changed my plane and train tickets a few times and they put up with my back and forth and helped me every step of the way. They stayed in touch while I was traveling to make sure that everything was ok. It was delightful just to sit and talk to them in their office. Cannot recommend them highly enough.” Contact Ms. Rucha. Mobile: 91 992 306 3370. rootsndwings@rediffmail.com. 1122 Model Colony, diagonally opposite Hotel Ambassador. Pune 411016

"Pune Darshan bus"

Book at Deccan Gymkhana Bus stand
or near Pune Municipal Corporation building (*Sorry, there is no address*)
www.punesite.com.

Tour Pune and see all the historic points of interest in one day. Tour from 9am-5pm. Rs.170

SAP International Tours. 1216/6, Fergusson College Road, Shivaji Nagar. Tel: 2552 0587.

Star Tours and Travels

Murtuza Dashti

madashti@yahoo.com

101 Kalinda Apts (Vanasthali bldg.)

318/19B, Canal Road, Model Colony

+91 20 25677791, 56258294

Murtuza is a student at RIMYI and the brother of Prof. Gulnaz Dashti

Sudin Travels. 418, Narayan Peth, First Floor, Nandlal Society. Tel: 2445 8199 or 2449 1593. Fax: 2449 3682. Email: Sudin@giaspn01.vsnl.net.in.

The Traveler/Silver Jubilee Travelers. Tel: 2566 3706. Shops 5 and 6, next to the Lalit Mahal Restaurant. Full-service travel agent. Extremely professional, great service, low commission. Email: traveler@pn2.vsnl.net.in.

EmEnEss travels: "Madhur Jyoti ". Hare Krishna Mandir road, Model Colony
Pune – 411016. 09545500029

Manu Shahani arranges travel packages around India as well as rides to and from the airports in Mumbai and Pune. He is easy to work with and he is reliable. Email: mane106@hotmail.com; Landline: 91-20-25654109. Mobile: 919545533329.

CURRENCY AND BANK INFORMATION

The currency in India is rupees. **Warning!** Travellers to India are now restricted in the amount of foreign currency they can bring in to the country.

Many commercial establishments, such as hotels, department stores, airlines, etc.,

accept MasterCard and Visa credit cards. Be aware that credit card companies have started charging foreign currency conversion fees of two to three percent.

It is advisable to always carry sufficient cash. For most transactions—at restaurants, Internet cafés, small stores, grocers and pharmacies—you'll need cash.

Money

- Check rupee bills carefully when exchanging money. Reject heavily creased or torn bills, as no one will accept them. Staple holes (where the notes are held together in bundles) are acceptable.
- There are foreign exchange agents at the international airport and a few hotels in the city that are authorized to change money.
- Bank of Maharashtra (top end of Hari Krishna Mandir Road) no longer changes traveler's checks. The closest branch, with new installations and a friendly staff, is on Fergusson College road, across the street from the Lalit Mahal Restaurant. Its exchange rate is better than at the Institute or the Thomas Cook exchange offices. Bring your passport.
- The most convenient way to get money is at an ATM, which can now be found almost anywhere. However, many banks (e.g., Citibank, Chase) charge exorbitant fees to process withdrawals overseas, so before leaving, find out what their rates are. Also, not all credit cards work in all machines, so if at first you don't succeed, be prepared to do a little research. There is a Citibank ATM with a guard near Pune University that is open 24/7 and another one on the block of the Toyota dealership that closes for the guard's mid-afternoon break. It is standard that one can only withdraw 10,000 rupees per transaction when using a foreign card, however if you have a Citibank card from the US you may be able to withdraw 20,000+ rupees at a time. Citibank US can also provide you with a special travel ATM card linked to a travel account so you can protect your main account from theft.
- A bank representative also comes to RIMYI to change traveler's checks and foreign currency to rupees during morning practice sessions from 11 am to noon. More rupees are given for cash than checks. **Do not bring more than a few hundred dollars in cash to India.

TELECOMMUNICATIONS

Time Zones: Pune is 9½ hours ahead of the U.S. Eastern Standard Time in summer and 10½ hours ahead in winter. India is 3½ hours ahead of South Africa.

Telephone Information: 197 or 183.

To call India from the U.S., dial 011-91-20 for Pune, and 011-91-22 for Mumbai,

followed by the telephone number.

To call Australia from Pune, dial 0061 followed by the telephone number, including the area code.

When calling local landlines when in Pune dial 020 before the number.

When calling Indian cellphones dial a 0 before the 9.

To call the U.S. from India, dial 001 followed by the telephone number, including area code.

To call Pune from South Africa, dial 09-91-20 followed by the telephone number.

To call South Africa from India, dial **00-27** followed by the number.

When calling RIMYI, Pandu, tel (91-20) 2565 6134, may be reached during the following hours: From 9 am to 11 am, Monday, Tuesday, Thursday and Friday; and from 4 pm to 6 pm, Monday, Wednesday, Friday and Saturday.

Most apartments in Pune have a landline, or at least an incoming one, so people can always phone you. Some may have a **Tata Indicom** prepaid phone; for 200 rupees you can buy units for the card and use it to phone anywhere in the world. **Getting an Indian cell phone** is becoming harder with new anti-terror laws in effect and residency is often required. It is advisable to bring with you a cell phone that is unlocked to work on any network.

You can use your GSM cell phone internationally, but it is cheaper to buy a local SIM card (this is the chip that gives you phone service). A store assistant at a cell phone store can unlock your cell phone to enable you to use an Indian SIM card but it is more reliable to do so at home before you go. You pay about 20 rupees for the SIM and then the same number of rupees per minute, so if you pay 375 rupees, you get 375 local minutes. Be sure to ask for “full talk time” when buying minutes. When you call outside the country, the rupees to minutes ratio increases. In 2012, it cost about 12 cents a minute to call the U.S. from a cell phone. Also see Roots and Wings under Travel Agencies, they will recharge your prepaid phone cards.

Please note: The Indian government has tightened the restrictions severely on foreigners purchasing Indian SIM cards in the wake of the Mumbai attacks because stolen SIM cards were used there. To obtain a SIM card, you will need a copy of your Registration of Foreigner C-Form supplied by your landlord (although not all landlords will supply this form if they are renting off the books); a copy of your visa and passport and a passport photograph. The most effective way to get phone service is to go to a mobile providers main office, there are several placed around the city. Give yourself at least an hour to get things up and running as well as make certain your phone is functioning properly, meaning make a call and see it connects, before you leave the shop. For data, 3G service is available in India. Also, if you are using data be sure to check it is functioning before you leave the shop. Both phone service and data service on the mobile phone is good and reliable. A main Vodafone store is fairly close to Model Colony in the area called Wakadewadi on Central Avenue, never too crowded and perfectly nice to sit in and wait.

From a student: "...I found out the hard way that it even more difficult to get a SIM card now. Not only do you have to provide all the required documentation, now you have to go through a verification process. I had to speak with an agent at the phone company who verified and validated my application a day or two after the submission. Thereafter I had to charge the SIM with Rs 25/ and then Rs 2/ before I could add any value to the card. This was key - I had just bought the roughly Rs 400/ special deal and expected that amount would be credited to my SIM but it would not be the case. Only after charging the SIM with the additional Rs 25/ and Rs 2/ did it allow the 400 to be charged. NOTE: this additional 25 and 2 amount/ may be different for different providers - you may have to ask and find out. So, this whole process delayed me actually having a usable SIM by 3-4 days".

* Ask your landlady to help by providing the relevant documents ahead of time.

Or you can buy a calling card (paper sheets with code numbers printed on them). Get one at the post office and purchase the maximum units. Editors note: *Two conflicting reports were sent in on calling cards. The last I heard from a student was that she was unable to buy a calling card from any post office. If anyone has any ideas on where these can be purchased, please let me know. Also, phone cards often don't work so don't count on them.*

These cards make calling home much easier. You can use them on your private (landline) phone in your apartment or hotel room.

You will find ISD (International Subscriber Dialing) booths in every nook and cranny and on every street corner. From these booths you can make international calls and pay for them in cash. They're quite expensive, for example, calling the UK may cost about seven rupees a minute. A convenient and quiet booth is located at the Chetak hotel (some of the others can be very noisy).

To get dongle (wireless internet access for your laptop) while in India, you can go to the 3-G store on Ferguson College Road. You will need a completed C form (completed by your landlord and certified at the police station), a copy of a telephone or electric bill from your landlord, a clear, readable copy of your passport and visa, a color passport photo (get one across the street from the 3-G store). The 3-G store prefers that you pay in rupees, not with a credit card. The cost is approx. 2000 rupees.

Editors note: *when booking your apartment, ask your landlord or landlady if the apartment has Wi-Fi. If it doesn't, move on! It's common for apartments to offer Wi-Fi these days.*

Editors note ...also social messaging apps, provided you are both on Wi-Fi, such as Whatsapp, Viber, WeChat, and Line are free for phone calls and texting.

Internet Cafes

The Chetak currently has Wi-Fi access, which is fairly reliable and it's nice to take a tea or lime soda while using the Internet. Rs/- 30 per hour.

The **Ambassador Hotel** provides Internet access at 200 rupees per use, and although

it's expensive, it saves you a trip to the Reliance on Fergusson College Road, where you pay a fixed rate of 300 rupees each time you log on.

Internet World is located on the FC Road opposite the petrol station: walk to FC Road from Toyota corner and turn right. They have a bunch of PC's and charge 10 Rupees per hour.

Pune Central: near the entrance, Wi-Fi.

Facebook page: *Visiting Iyengar Institute (RIMYI) Pune?*

This group is intended for people currently visiting the RIMYI in Pune for yoga practice and study. You can add, exchange or update information, contact other students, arrange to share trips or shopping expeditions, find or share accommodation, notes, swap or donate things that you no-longer need - its yours to do as you like with! Also useful for people planning a future visit. So please come on in. At present this is an OPEN group to facilitate joining. We can re-evaluate this if it seems to be necessary.

Apple certified technician

Deepak Gaikwad. Mobile: + 91 [9320596632](tel:9320596632)
Email: deepak.gaikwad@rsgi.co.in. Skype ID: deepakpgaikwad.

RSG INFOTECH PVT. LTD.

107/108, 4TH DIMENSION BUILDING,
NR. MEHANDALE GARAGE, ERANDWANE,
PUNE 411004

Tel: + 91 20 3020 5444

**For any problems setting up your Mac device, Mr. Deepak Gaikwad will come to your apartment.*

HEALTH AND MEDICAL CONCERNS

The Centers for Disease Control and Prevention (U.S.). Refer to this government website for information on vaccination since recommended shots may depend upon the season. Website: www.cdc.gov/vaccines.

This was sent to us by a teacher traveling to Pune for the first time: *"I went to the county health department located at a local hospital and they recommended a tetanus/diphtheria shot, a typhoid shot and a hepatitis shot. They also gave me prescriptions for antibiotics for respiratory infections and diarrhea, and for malaria. I am going ahead with it all just to be on the safe side."*

Water

It is advisable to drink bottled water or filtered water. Most restaurants have filtered water but you should inquire before drinking it. *Do not drink water directly from the tap.* You can purchase packaged purified water or pay a deposit on a dispenser drum with a tap. Stores will deliver the 20-liter refill that fits on top of a dispenser drum.

UV Steripen and Nalgene bottle: From a student: *“\$88 at Amazon, this is a great investment if you are traveling and have doubts about water. I used this, even with unfiltered water in my apartment, and I stayed healthy for three months in India this past trip. The UV light kills everything in the water and the rays can’t exit the water surface, so it is safe.”*

Check that water filters in apartments are serviced. They need to be serviced every year to be effective. From a local resident yoga student: *“Our daughter has had filtered drinking water since she was a baby. It is better quality than bottled water and has no excess plastic.”*

Gastrointestinal precautions

Living in a tropical country, one can be prone to gastrointestinal infections. December is considered to be a “safer” season, but it is advisable to err on the side of caution. Always eat food that has been freshly cooked and is hot. Avoid eating frozen, precooked food or raw food that has not been washed in filtered water (or in salted water). Use water purification tablets or silver filters. Avoid infection by washing your hands frequently.

GSE

To prepare the intestinal tract for the potential onslaught of new bacteria and parasites, you should start to take GSE (grapefruit seed extract) one week before departure and continue taking it throughout your stay in India. “I took some when I got a stomach upset and it cleared it up quickly – not sure I would take it as a preventative though.” It is a horrible-tasting goop, but with fruit juice or yogurt, it’s easier to ingest. Another way to take it is to add it to a fizzy vitamin C drink (Emergen-C) or Airborne. GSE also boosts the immune system and is a good remedy for candida.

Malaria

There is a lot of malaria in India, and mosquitoes can be a problem. Mosquito repellents in the form of vaporized liquids may be used. Common brands **All Out** and **Good Night** are available at any drug store or general store. Mosquito repellent ointments are also available. Cover yourself up (long sleeves, long pants—like the locals dress) from dusk to evening hours.

Artemisin

Artemisin is an antimalarial herb. Two varieties of South American Artemisin, Gozarte and Udarte, are available from Healing Within Products Inc., 1-800-300-7548, www.healingwithin.com. This supplier specializes in parasite healing and has good information and products. Two small books cover most allopathic and herbal remedies: *Parasites: An Epidemic in Disguise*, by Stanley Weinberger, from Healing Within Products; and *Guess What Came to Dinner*, by Dr. Ann Louise Gittleman (which also has a catalog of pharmaceutical options). Another supplier specializing in herbal parasite cleansing is Uni Key: <http://www.unikeyhealth.com>. On the upside, parasitic infection is a rare occurrence if you are careful. The downside is that it can take a long time to fix.

Pollution

Pollution is pretty bad in Pune. It is less bothersome during the monsoon season in July and August. You can purchase an I Can Breathe® mask with a carbon filter at www.icanbreathe.com or www.magellans.com. Sally Rutzky, from Ann Arbor, who has been to Pune eight times over the last 20 years, said that she used one in January and that it was the very first time she did not contract a sinus infection. Change the filter and wash the mask on a weekly basis.

Amazon is another source of MSA N95 masks for a good price: 20 pack for \$19.

Healthy hygiene reminders

- Use bottled water for brushing your teeth and cleaning your toothbrush. Keep shower water out of your eyes and mouth. You can buy hydrogen peroxide at a local pharmacy.
- In some places (though not all) the use of toilet paper is not a tradition in India. Water is always provided in Indian toilets (including the one at the Institute) for washing after using the toilet; use only your left hand for this. Take your toilet paper to the Institute (for drying purposes only); place it in the wastebasket near the toilet.
- After using the toilet, wash your hands and feet before coming into the asana hall.
- Traditionally, Indians eat with their right hands (see above for Indian toilet customs).
- Eat the local yogurt (curds), which provides good bacteria (lactobacillus acidophilus) that reduce the number of bad bacteria in the gut. In addition, it is a good idea to take some kind of probiotic (good bacteria) supplement—you can get it at any good health food store. Additional fiber in the diet (such as Metagenics Herbulk or a similar mixed-fiber product) can also be useful. Efficient elimination

reduces the risk of a parasitic infection.

- Products such as Tyler Para-Gard and Metagenics Ultra Parex are worth taking on a daily basis. They both contain a blend of anti-parasitic herbs. Garlic is also an effective antibacterial and anti-parasitic herb.
- Carry cold and cough medications that you like, so that if you happen to contract a respiratory infection, you'll have these items on hand. It's common to get a cold while visiting. Herbal tea can be handy as well.
- A neti pot and salt used at the end of each day is a good preventative and helps rid one of pollution.

American (in New York) doctors

For parasites: Dr. Juan Dizon, 133 East 73rd Street, New York, NY.
Tel: (212) 988-4800.

For tropical diseases: Dr. Kevin Cahill, 850 Fifth Avenue, New York, NY.
Tel: (212) 434-2477.

Local (Pune) doctor

Dr. B. Sonalker. 1105/7, Hari Krishna Mandir Road, Model Colony, Pune 411016. Tel: 2565 5268. Cell: 98-6013-6323. Contact her between the hours of 10 am to 12:30 pm or 5:30 pm and 8 pm. She's down the street from the Institute, across from Sharda's apartments in Kunjban society, which is opposite Hari Krishna Mandir Road. Dr. Sonalker is highly recommended by Iyengar yoga students who consulted her about upper respiratory conditions. They were cured, and not necessarily with drugs, on both occasions they visited her. She charges 200 to 300 rupees per visit.

Clinic and hospital

Golwilkar Metropolis Health Service, Pvt. Ltd. Medical diagnostics.
Construction House, Ground Floor, 796/189B, Bandarkar Road.
Tel: 4100 8200 or 2566 6612. Email: drgl@metropolisindia.com.
Website: www.metropolisindia.com.

The best hospital and the nearest one to RIMYI is the **Ratna Memorial Hospital**, Sanpatti Road. It is clean and has a pharmacy. *Please note:* Even if you do not plan to take the medication you have been prescribed, you must purchase it before discharge. (020) 41097777 / 25651037. 12 noon to 1PM.

Dermatology - Cosmetology

Derma Clinic run by Dr. Akalpita Sule and Dr. Priya Parek, near RIMYI at 102/C/4, Shubhashree, Lakaki Road, Model Colony, provides dermatological services at a fraction of what you would pay in the West. Services include: skin tag removal, electrocautry, chemical peels, hair loss and botox treatments, and acne scar reduction. Service is friendly and attentive.

Ayurvedic resources

Ayurvedic Pharmacy. Tripathi Co. on Laxmi Road, opposite Tulsi Bhag.
Tel: 2445 7766.

Ayur Jyoti: Kerala Ayurvedic Marma Chikitsalayam. Dr. Mini Nair and Vd. M.B. Vineshkumar, B4, Shardaram Park, Sasoon Road, opposite Ruby Hall Clinic, not far from Fabindia, toward Bund Garden Road. ~~Tel: 020-2613-6208~~. A student says: "Vinesh and Minnie are incredibly kind. He helped me tremendously with both chronic and acute ailments. One has to not be shy of nudity as well as be fine with the "unfancy" conditions. I highly recommend him."

Editor: *I have been told that he has been flown to Australia and Russia by Iyengar students for workshops and treatments.*

Dr. Ghatnekar teaches Rajiv and Swati Chanchani's fall workshop each year. 606, Sadashir Peth Laxmi Road, Waman Hari Pethe Building, First Floor.
Cell: 989-000-8425. Email: Vishwas.ghatnekar@gmail.com.

KARE (Kerala Ayurvedic Research & Rejuvenation Establishment). Misty Valley, Village Gonawadi, Mulshi Khurd, Tal. Mulshi, District, 45 kilometers west of Pune (about a 90-minute drive from Pune). Tel: 2517 1247/1501.

Email: info@karehealth.com. Website: www.karehealth.com. Also contact Harshada Shirole at the **Hotel Chetak** reception desk for information on prices.

Service includes a doctor's consultation, full body massage or massage of any area that needs medical attention, and use of the all-equipped yoga hall inaugurated by B.K.S. Iyengar in 2005. Food is prepared according to ayurvedic principles. The pick up from Pune is complimentary to RIMYI students.

Recommended: **Dr. Vasant Lad.** Pranav Clinic: Shri Sitaram, Apartment, 383, Narayan Peth, near Modi Ganpati Temple, Pune 411030 Tel: 91-02-2446 7952.

Dr. Vasant Lad, a world-famous ayurvedic physician, is in Pune each November/December with some of his students-in-training. Said Robert Cory, who visited RIMYI in 2013, "*Several RIMYI students went to see him while I was there and everyone was impressed with his knowledge and compassion.*" His office hours are from 6 pm to 9 pm.

Vd. Madhura Phatak, Ayurvedic Physician.

E-11, Shri Shankar Nagari, Paud Road, Next to Vanaz Company, Kothrud, Pune -

411038.

mobile 9503020060, email: madhuradandekar@gmail.com

A young, empathetic and trustworthy Ayurvedic doctor has recently opened her own clinic. She speaks good English and makes the interviews carefully. The place is small and plain, but it is clean and there's everything necessary even for Panchakarma treatments. Kathrud is a suburban area of Pune, around 5 km away from Model colony (rikshaw 60-70 RS from RIMYI). She runs the clinic by herself, so you need to book an appointment in advance.

Punarnava. At the end of HKM Road, just before the Lalit Mahal Restaurant. The facility has a resident Ayurvedic doctor who can perform an Ayurvedic consultation and panchakarma, with treatments as needed (shirodhara, oil to the forehead, abhyanga, oil massage, bhasti, oil or herbal enema).

Dr. Mrs. Pradnya Akkalkotkar, MD Ayurveda. The Greens Society, near Pingale Garden, North Main Road, Koregaon Park, Pune 411001. Tel: 98-2202-5463. Email: ayurvedscienceforum@gmail.com. (note spelling "ayurved" is correct for email address).

Dr. Pradnya has over 20 years experience in Ayurveda teaching and treatment. *Highly recommended* for Ayurvedic consultation, massage and management for women only. She also teaches classical Ayurvedic cooking, health foods, nutrition, massage for various age groups and ailments and Panchakarma. By appointment only; women only. (Men please refer to Dr. Mandar below.)

Dr. Mandar (Dr. Pradnya's husband). Tel: 98-2277-7161. Email: ayurvedscienceforum@gmail.com (note spelling "ayurved" is correct for email address).

With 22+ years experience, Dr. Mandar offers Ayurvedic consultation and massage for men only. He specializes in medicinal herbology, herbal processing, pharmacy, pharmacology, making of medicated ghee, massage oils, advanced Ayurvedic nutrition (antidotes) and dietetics. By appointment only.

M/s. Gopal Govind Lokhande, Budhwar Peth, Tel: 020-244 57060 for ayurvedic medicine as well as Gulkhan, a rose petal sweet jam recommended for when the body is hot, or really at any time. Near to Wagh Jewelers.

Massage

Ayurvedic massage or a facial with **Mrs. Swati Sant**, tel: landline: (020) 2553 5733, cell: 9766657603. She will come to your apartment or you can go to her home, which is a 20 - minute walk from RIMYI. Available seven days a week.

For massage at your doorstep, call the **Hotel Chetak**, tel: 2565 5268.

"Massage for men is a bit more challenging to find since female specialists only do for women. And massage at your doorstep via the Chetak Hotel didn't work. They refused.

Instead, I went to Jeevana Medical Centre: www.jeevana.in.
Shivali Nagar 1076/13 Vidya Vihar Colony, Near E-Square Theatre
Ph: (020)64001986/25664485
It is quite expensive but well worth it if you feel like a good treat”.

Naturopathy

National Institute of Naturopathy. Tel: 2605 9682. Bapu Bhavan, Tadiwala Road, Pune 411001. Hours: 7 am to 9 pm, Monday through Saturday; closed Sunday. Massage, sauna, steam, enema, mud therapy, magnet therapy, yoga classes, juice bar. Reasonably priced. The institute has a health food shop with organic jaggery, wheat, honey, rice, herbal teas, neti pots and books. They boast Gandhi visited there. Email: ninpune@vsnl.com. Website: www.punenin.org.

Homeopathy

Sanjivani Kulkarni has a small consulting room in the parade of shops next to the Toyota showroom. Hours: 11 to 1 pm and 6 pm to 9 pm. Tel: 2115 0932.

Therapy

Samvahan therapy: Model Colony, opposite Om Supermarket. www.anandacenter.org. This is a 5,000-year-old technique. Dr Aanand Kambly is a disciple of Dr Ram Bosie, who was a Samvahan therapist for Gandhi, Neruh, and others. Recommended by an Iyengar student who was taking this therapy for a neck injury.

Dentists

Dr. P. Kale: Tel: 2567 7949. Email: kale@vsnl.com. Status Health Club Building, Bhandarkar Institute Road, 791 Shivaji Nagar, Pune 411044.

Also ask Chitra (see *Apartments*) for a recommendation. Tel: 2565 3697.

Highly recommended: Dr. Shrenik Parmar is a “specialty” dentist practicing in the building in the lane next to Deendayal Memorial Hospital on Fergusson College Road. Tel: 2567 1583. Hours: 4 pm to 9 pm.

Dog Rescue

If you are interested in helping street dogs get vaccines, or if you see a particularly bad case of injury or disease, please contact: RESQ; 9373888500/9372617675

OTHER USEFUL SERVICES

Sanskrit

Dr. Bahulkar. Tilak Maharashtra Vidyapeeth. Tel: 2447 2774. Dr. Bahulkar can find an appropriate teacher for you depending on your level of Sanskrit.

Highly recommended: Dr. Supriya Sahasrabuddhe, PhD, Professor at University of Pune, teacher and translator. Sanskrit, Hindi, Marathi, Patanjali sutras, classics. **Email address removed as it no longer works.*

Shilpa Sumant. Tel: 2546 4033. A-10, Manmohan Society, Lane No. 2, Karvenagar, Pune 411052.

Sanskrit Bharati: Mr. Madav Kelkar. Sanskrit conversation. Tel: 2445 3358.

Vedic astrology

Mr. C. K. Kutty, Tel: 2426 6589. Apartment No. 14, Meera Society, Salisbury Park, Pune 411037. A donation of +/-1,000 rupees is requested.

You must first get your computer chart done before making an appointment to see Mr. Kutty. He is *very* busy. Make your appointment when you first arrive in Pune. Do *not* pay him in advance, or ask him to send the reading on to you, or you may be disappointed. There have been reports that some of the gemstones that were sold as part of the reading were not authentic. The astrology readings are excellent though. Mr. Kutty is a real master.

Frankels. 288, M.G. Road. +/-45 to 60 rupees. Tel: 2613 9167.

Mr Bharat Doshi. Galaxy Network, for computerized astrology charts. Basement shop. No. 121, Clover Centre, near West End Theatre. Tel: 2613 4050. Hours: 10.30 am to 1:30 pm and 5:30 pm to 8:30 pm, Monday to Saturday. You *must* have the exact date, time and place of you birth to obtain your chart. It isn't necessary to get the deluxe version; the basic chart is all you need.

"Wonderfully sweet" gemologist/astrologer, **Prakash Ashoka Walia**, Pleasant Apartment, 15th Lane, Prabhat Road, Pune 411004. Tel: 2565 8182; 2567 8187. Cell: 982-305-4287. *"Prakash Ashoka Walia did provide us with our computerized charts, but gave us very brief "doom and gloom" readings. Of course all of our issues could be solved with carats of gems that he would happily sell us...he is quite the character and perhaps 500 rupees is worth the visit, as long as you're not expecting a full and insightful astrology reading".*

Beauty clinics

Chez Somya, hair and beauty salon and spa. 170 Dhole Patil Rd, Pune 411001. Tel: 26164426, 26162808. 88062 68001. Walkable from Fab India.

Gazelles. Koregaon Park on the second floor of the building next to Reliance Fresh. Pune's first full-service salon. Extremely inexpensive treatments include manicure, pedicure and threading.

For waxing, **Manisha Beauty Clinic**, C/5 Marble Arch, Hare Krishna Mandir Road, Model Colony. London and Zurich trained. Tel: 2565 3827.

Shradda. 1021/2, Meera Niwas, Mrs. Vanada Dadhade. Deep Bungalow Chowk, around the corner from the Toyota dealership. Enzyme facial includes arm, leg and back massage. 45-minute pedicure, Rs. 100. All services are now available 7 days a week.

Sheela's Beauty Clinique. 26, Sagar Arcade, F.C Road. RD Deccan Gymkhanna, Pune -411004. phone: 25510435. email: sheela.madhupal@gmail.com

Mrs. Swati. 5, Sadanand, 1194/18B, off Ghole Road, Shivaji Nagar. Ayurvedic body massage, henna hair treatment (*recommended*); manicure and pedicure (*not recommended*). Tel: 2553 5733. Cell: 976-665-7603.

Totally Twisted. 1103, A/14, Gurukrupa Bungalow, 1st Floor. Opp Vidya Bhavan School Main Gate. Lakaki, Model Colony, Pune 16. Email - t2.totallytwisted@gmail.com. Tel - 0 989 000 5551

Highly recommended: Urvashi Beauty Parlor. 1221/B3, Pushpak, Wrangler Paranjape Road, Shivaji Nagar. (As you exit the Vaishali restraint, turn left and then left down the adjacent alleyway. Urvashi Beauty Parlor is right at the end of the alleyway). Hair and nails. No appointments on weekends. Open 10 am to 7:30 pm, seven days. Tel: 2553 5657. 25511495 - 9226329735.

Spas

Spa at the Marriott Hotel and Convention Centre

Spa at Hotel Ista, 88, Nagar Road, Yerwada, Adjacent to Aga Khan Palace, Pune, Maharashtra 411006. Tel - 020 4141 8888. Website - <http://www.istahotels.com/hotels-pune.aspx>

Spa - <http://www.istahotels.com/istapune/pune-spa.aspx> (Even their Thai restaurant Baan Tao is amazing).

FOOD

Vegetarian food in India includes milk and milk products, but not eggs, which along with seafood are considered to be non-vegetarian. Prepackaged foods are marked with either a red or green dot in a square frame, denoting non-vegetarian and vegetarian food, respectively.

The most popular foods in Pune are thali and South Indian food. A thali literally means "a plate." A thali generally includes two or three vegetables, pulses (peas, beans or lentils),

salad, curd (yogurt), dal, and chapati or roti. Most thali restaurants provide an unlimited amount of food at a fixed price. A thali is a wholesome, nutritious meal.

Restaurants – Thali and South Indian Cuisine

Asha Dining Hall. 1224, Apte Road, Shivaji Nagar. Across the street from Hotel Shreyas. Behind the Danraj Co-Housing Society sign (a very visible sign—the Asha sign is hidden by a tree). This thali restaurant serves decent, wholesome food at a reasonable price. Tel: 2553 2424; 6602 7149. A favourite with Iyengar students.

Badshahi. Tilak Road.

Charus. On Gokhale Road near the vegetable market serves good South Indian cuisine (dosas and uttapams) as well as the standard North Indian and Chinese menus. A ten-minute walk from the Institute—great for a quick bite after morning practice.

Darshan: Prabhat road. From a food blogger and Iyengar student, “*Just an weird assortment of delicious food. It's almost like the owner decided what dishes he was going to make and then decided to make them without referring to any recipe or person that might know anything about the dish. All the food is surprisingly delicious, although bears little or no resemblance to the original dish. Try the pizza; it is not even close to anything that you might know as pizza. The supreme pizza has cashews and raisins on it. I'll leave it at that!*” This place has a nice pomegranate juice drink.

Jagruti Dining Hall. Raviwar Peth. A thali favorite, near the Sugandhi perfume store (opposite the railway booking office). Tel: 2445 3231.

Mini Wok

Near OM supermarket

Good Thai food. *Sorry, no address.*

Panchavanti Gaurav. Stilt floor, Kotwal Complex, near PYC Hindu Gymkhana, Bhandarkar Road, Pune, 411 005 (adjacent to Deccan Gymkhana). Tel: 25672141. *Provides a more elaborate thali for a slightly higher price.*

Rasoi Dining Hall. Shaniwar Peth, Pune 30. Tel: 24453066/24456211.

Shreyas Hotel Restaurant. 1242, Apte Road, Deccan Gymkhana. “*Great all-you-can-eat thali.*”

Highly recommended: Sukanta Pure Veg. 636, Deccan Gymkhana, near Z Bridge, off Jangli Maharaja Road, Pulachi Wada. They do great takeout. Open from 11:30 am to 3 pm and 7 pm until closing. “*It gets very busy after 8 pm.*” Tel: 2553 0077; 6601 3222.

Other popular South Indian foods include idli, dosas, uttapam and wada pav. Basically fermented foods composed of powdered pulses and rice, they take care of most of your daily dietary requirements and are extremely tasty. The main dish is accompanied by side dishes, or chutneys, made of coconut and chilies, and sambhar, which are

sometimes a little spicy. The main dish is not spicy.

Shiv Sagar. Veg Restaurant. Dealing Courner, Jangali Maharaj Road, Opp Sambhaji Park. Tel: 25532179/255368886. Serves great tandoori panir and vegetables.

Rajasthani & Gujurati Thali food at **Mayur**. This is just a small cozy restaurant with loads of food ! <http://www.mayurthali.com/home.html>
2431, East Street, Camp, Pune - 411001. Maharashtra, India.Tel: +91 (20) 2613 0909
Or
573/7, Jangli Maharaj Road, Deccan, Pune - 411004.Tel: +91 (20) 2552 1551

The Coffee House

Vast Asian menu including Chinese simple homemade good food.

*** This came in as a recommendation, but I do not have the address or any contact info. If anyone has been to this restaurant, please send in details.*

Popular Fergusson College Road restaurants serving South Indian food:

Lalit Mahal. End of Hare Krishna Mandir Road (beyond the Chetak and the Ambassador) at the junction of Fergusson College Road. Good basic food. At breakfast time, you can get great upma. They serve real coffee. Tel: 2556 6457.

Roopali. Fergusson College Road. Has very good thalis. They also serve good upma at breakfast time (get there before 10:30am). Very popular with the locals. The staff is friendly and understanding.

Shravan. Around the corner from the Lalit Mahal on Fergusson College Road, left, toward the police ground. Shravan always has fresh flowers and clean linen on its tables, and it's reasonably priced with a varied menu. Tel: 2565 4914.

Vaishali. Fergusson College Road. Good dosas, great sweet kachuries.

Shabree Restaurant. Ethnic Maharastrian Thali: 1199/1A, F.C. Road, Pune.
tel: +91-20-25531511/2/3/4

Other popular restaurants offering a variety of foods:

Amrapali. Fergusson College Road (down the lane, near Roopali, then ask).

Aroma Restaurant – The Ambience Hotel. Lakaki Road, Model Colony.

Aappa Located next to Deccan Gymkhana Grounds, not at all a fancy place, no signage, popular with the locals. Excellent Idli and Sabhudhana Khichadi. Closes at noon.

Cafe Good luck Deccan Gymkhana, FC Road, phone: 020-25676893 This is as close as you will get to a Indian diner. Popular with students.

Editor: I just go for the unspoiled interior. I hope they never modernize!

Recommended: Ram Krishna. 6, Moledina Road, Camp. Opposite the West End Theatre. This high-end restaurant is the perfect place to dine when shopping on M.G. Road. At the exterior are huge murals of the *Ramayana*. Ask to sit in the inner dining room where it's air conditioned and quiet. Gracious waiters.
Tel: 020 - 2633 0724; 2636 3938.

Shabree. 119/1A, Fergusson College Road. Tel: 2553 1511/2/3/4.

Surya Hotel Restaurant, now called Hotel Rendezvous. Apte Road.

Restaurant for lunch or dinner, also nice and bustling on the weekends: **Shabree** and **Sharvaree**. FC Road near to Fergusson College Gate, located just off the corner behind a temple. Tel: 020-255-31511. The two restaurants are in the same building. Shabree, located downstairs, has what they describe as "Maharashtrian Thali" and Sharavree, which is upstairs, has typical Indian fair with some local selections as well. They are both a little pricey compared to other places on F.C. Road but nice if you want a break from the hustle and bustle and you need a/c.

The German Bakery has reopened but the ambience is totally different to the charming down-to-earth old German Bakery. It is now a fancy gourmet restaurant. If you want to experience the old German Bakery hospitality walk about 100 meter down towards B Lane and look for the Yogi Tree Coffee Shop.

Note from a student: *"The little silver shop next door to the bakery is living in fear of his livelihood as they are bulldozing all illegal shops and stalls in that area. We watched them doing it – tragic"*.

The Yogi Tree Coffee Shop.

Lane 8 Koraegon Park, here you can find London muffins, bagels, pound cake and other international bakery products.

Out Of The Blue is a restaurant at E Square at the Lobby Level where the old Jazz by the Bay used to be. Website - <http://www.outoftheblue.in/out-of-the-blue-pune.html>

Miscellaneous food around Pune

This section was sent to me by an Iyengar student. *"A person from Pune who lives in New York now writes a food blog and suggested these places and items to me."*

Editor: much of this list comes with no address. If you manage to track any of this down, please send me details!

Marzarin (very simple white bread sandwiches like you've never had before). *Highly recommended.*

Budhani. This is a store that makes fresh potato chips and sprinkles it with your choice of spice. It is right opposite Marzarin. After this Lays just won't cut it.

Mainland China. Boat Club Road. This is a completely different cuisine. Indian/ Chinese. *Now also in Senapati Bapat Road: 15 minutes walk from the Institute.*

Kayani Bakery for the best Parsi confectioneries with recipes from the British Raj.

Bakers Basket, a bakery on Bhandarkar Rd sells the best Black forest pastry you'll ever have. When I lived there, they soaked it with pure Rum. Hopefully they're still continuing the tradition.

Coconut Water from a street vendor. You'll find this pretty much anywhere and realize how Zico is just a lot of rubbish!

Curry on the Roof: Prabhat Road. Good Punjabi food.

Panchavati: A good traditional Maharashtrian thali.

Ban Tao: at Ista Hotel for Thai and Asian. (great ambience)

High Spirits: hosts some of the best stand up comedian shows. High Spirits is next to ABC Farms in Koregaon Park

Thursday Tango Nights at Oakwood Premier, Koregaon Park Annex ahead of Westin Hotel.

Rooftop Bar at Paasha at Marriott Hotel and Convention Centre. Great Indian food.

Aadha at O Hotel rooftop also a great place.

Cake Shop – Forennte (020 324000450) & **London Muffin @** Lane 8, Between Lane 6 and 7 Koregaon Park. Closed on Thursdays. Forennte has the best chocolate éclair in town. Also the coffee shop **Go**

Italian Food

Italian Food has become quite popular in Pune. A few possibilities are:

Darios. At Hotel Sunderban, Lane 1, 19 Koregaon Park, pune 411001.

Tel: 020 26053597, 26053596, 32405960. Email: info@darios.in.

www.darios.in

La Dolce Vita. Shop Nos. 3 & 4, City Point, Dhole Patil Road. Tel: 2614 5555.

La Pizzeria. 361, Bund Garden Road. Tel: 2613 3535.

Little Italy. Hotel Shrima, Bund Garden Road. Tel: 2613 6565. *Highly recommended.*

Little Italy Pizzeria Restaurant, next to Pune Central, on University/Ganesh Kind Road (around the corner from RIMYI), is a regular haunt for RIMYI students who crave a change from Indian food. It is a bit pricey: 800 rupees for a meal with a mocktail (fresh juice). It is all vegetarian and has Mexican and Indian as well as Italian menus. It's part of a large chain with locations throughout India.

Or if you're in the mood: Over in Pune Camp at the SGS Magnum Mall on Moledina Road there is a **Pizza Hut.**

Polka Dots, Next to Bishops School, Kalyani Nagar and also at Aundh Shop No 1 & 6 Vaishnavi Apartment, D P Road, Aundh, Pune, Maharashtra 411007

Flags, next to Inox Multiplex.

Alto Vino at the Pune Marriott Hotel and Convention Centre.

Favola at Le Meridian Hotel.

Café Mangi at Pheonix Market City, Vimannagar and also at Amanora Park Town.

Buffets

Le Meridien Hotel. Bund Garden Road. The breakfast and lunch buffets can be a treat. It's expensive—the lunch buffet includes unlimited wine. Le Meridien also has a rooftop pool where you can swim for around \$10. Tel: 2605 0505.

The O Hotel, North Main Road, Koregaon Park Pune 411001

Great food and great service.

Tel. + 91 20 40011000 Fax + 91 20 40011009

Email: http://ohotelsindia.com/hoteloverview_pune.html

Little Italy for Sunday brunch next to Pune Central, Ganeshkhind Road.

Marriott Hotel and Convention Centre for their buffets. They have 2 restaurants, which have buffets. Spice Kitchen for global cuisine (both lunch and dinner) & Shakahari, for vegetarian Asian cuisine (open only for dinner).

Hyatt Regency, Pune. Sunday Jazz Buffets. pune.regency.hyatt.com/
Samrat Ashok Rd, Sakore Nagar, Viman Nagar, Pune, Maharashtra 411014
Tel: 020 6645 1234

Hotel Pride Executive. Enjoy your Sunday brunch sitting by the pool. The best buffet in town is at the recently renovated **Pride Hotel**, about a five-minute walk from the Institute. Check out the coffee shop and the restaurant upstairs.
University Road, Shivajinagar, Pune - 411005, India. Tel: +91-20-25534567/25530444

Salad Delivery

Green Tokri. *A delicious service! Fresh salad delivered to your door:*
[http://greentokri.com/HomeDelivery/BringingSaladToYourHome/tabid/76/Default.aspx](http://greentokri.com/HomeDelivery/BringingSaladToYourHome/tabid/76/Default.aspxhttp://greentokri.com/HomeDelivery/BringingSaladToYourHome/tabid/76/Default.aspx)
<http://greentokri.com/HomeDelivery/BringingSaladToYourHome/tabid/76/Default.aspx>

Home cooked lunch to go

Just opposite the institute gate lives Mrs. Thuse who cooks lunches. You leave your stainless steel stacking lunch box on the swing in front of her door before the morning class. By noon your lunch is ready: 4 chapatis, dal, plain rice and a medium-spicy vegetable course. Good.

Sweet Shops

Chocolate purveyor —next door to Fantasy on Boat Club Road.

Mithas. Shop No. 5, Sri Siddeshwar Heights, ITI Road, Aundh. Well worth the 15-minute drive—delicious sweets. Tel: 2588 8456. *Highly recommended.* One minute

away from Geeta Bhojwani's store: **Arnav**. See: **Clothing, Crafts and Gifts**.

Chitale in Deccan Gymkhana at the bottom of FC Road on the corner, near the "grounds" for the best Maharashtrian sweets.

Naturals Ghole Rd, Shivaji Nagar, Tel: 020 25521817. Ice-cream chain, quite delicious, not too sweet. Try the chiku ice cream. They offer flavors made from the fruits of the season.

Grocery Stores

* **Auchan** – French Hypermarket. Located in Karaegon Park next to the Westin Hotel at the basement of Karaegon Mall. It carries all international products including bhok choy, chinese kale and a large selection of Asian spices. There is meat/poultry/seafood section and a pastry corner with a wide selection of breads.

* **Dorabjee's**, Moldina Road (just before M.G. Road, down the street from Mannys Bookstore) has almost everything you forgot to bring or could ever want, e.g., real Dutch Gouda cheese. *This store now has a good supply of gluten free products.*

- **Foodland**, on Bhandarkar Road, is large supermarket—it even has tampons.
- For all kinds of *khakara*, go to **Kantaben**, opposite Chitale's Shop, Shanipar.
- **Maharashtra**, "The Parade", just around the (Toyota dealership) corner from Hari Krisna Mandir, now called **Maharashtra Ice Cream Shop**; has fresh milk, yogurt, ghee, spices, rice, mung dal, etc. and ice-cream. They are very helpful. Don't be thrown by the line cutting.
- **OM Supermarket**, Gokhale Road.
- **Organics and Natural** is a new shop. 1 Kamaliga Apartment, 1306 Bank of Baroda Lane, Jangli Maharaj Road. Open from 10 am to 2 pm and 4 pm to 8 pm. Closed Sunday. Tel: 2553 6835.
- **Pune Central** shopping mall, opposite the Institute, has a food department—and much more.
- **Spicer College Store**, in Wonderland, M.G. Road, is around the corner from Dorabjee's. Soy milk shakes, fresh-ground, unsweetened peanut butter, cookies, nut cakes, apple pies, millet and whole wheat bread. Some products contain milk and/or honey so ask. This store is a satellite of the Seventh Day Adventists School, Spicer College. The college and its other store are in Aundt, beyond Pune University. Some of its branded products are available in small grocery stores. On Sunday the Aundt location is open from 9 am to 9 pm.
- **Whole Foods**, toward Bund Garden Road, carries brown rice, extra virgin olive oil, soy milk, etc.

Fruit and Vegetable Carts

The fruit and vegetable carts (the vegetable seller is a “bhaji wallah”) are outside the Institute daily from about 9 am to 11 am.

You can also go to the fruit and vegetable market near the Institute at the top of Hari Krishna Mandir Road (opposite the bank): Turn right at the Toyota dealership, pass the Maharashtra grocery store (where you can pick up staples like rice, oil, bread, milk and curd, as well as tea and coffee, Nescafé, spices) and walk straight ahead until you come to the next road (traffic junction “chowk”) and see Charu’s, a restaurant with yellow awnings. Turn right and walk on until you come to the market on your left. Often between 10 - 12 and 4 - 8 you will find vendors as well near the Toyota dealership and on the corner Charu’s is on.

There is a large vegetable market, which is fairly amazing called Mandai market. It is located next to Tulsi Baugh. The architecture of the building the market is in is also interesting. The vendors inside are more expensive while the quality of inside and outside seem to be the same. The best days to go are Saturday and early Sunday, as early as 8 am. In Tulsi Baugh one can find almost anything. It gets extremely busy on the weekends. Most stores open at 10, this is the best time to go. Most shops will close from 12 - 4 generally.

Large fruit and veg market on Gokhale Rd. near OM supermarket

Ingredients Shopping List

If you are living in one of the apartments that Sharda is caring for (next to Hari Krishna Mandir Road), ask her to arrange to have Shantabai prepare Marathi food for you. Marathi cooking is basically the same as ayurvedic cooking.

You’ll need to buy the following basic ingredients:

Grains:

- Basmati rice (large bag)
- *Rava*, for cooking *upma* (it’s like semolina)
- *Poha* (flattened rice)
- Flour for making chapati, paratha and other breads

Spices:

- Black mustard seeds
- Cumin seeds (*jeera*) and powder
- Turmeric powder (*haldi*) (whole fresh turmeric is available beginning in November at the open markets)
- Asafoetida (*hing*) (small container)
- Chili powder
- Cashew nuts
- Coriander powder and seeds

- Ginger powder
- Cardamom powder and whole cardamom seeds
- Saffola oil (large bottle)
- Ghee (clarified butter)

Pulses:

- *Mung dal* (lentils)

Other:

- Sugar (*chinni*)
- Tea, coffee, bottled water, etc.

Vegetables are “bhaji” in Marathi. The man at the Maharashtra store speaks English, so he can help you, otherwise ask Sharda to organize things for you. Or, you can either give Shantabai +/-50 rupees (just over \$1) once or twice a week and she will buy the vegetables for you. She has her flour ground at the mill to make chapati, etc. Shantabai or Gangubai also does the laundry daily. “We boiled tap water for tea and cooking. Our cooking expenses for the month came to \$10 for two and our laundry cost us about \$2 each a month.” “Prices have gone up all round since this was written,” a student commented.

Cook

Anita is a well-known cook at the apartment building next to the Institute. She will cook for students anywhere in the Model Colony area. Tel: 997-001-6270. *Do not* have her shop for you; buy your own food and necessities. *Do not allow the help to bring others into the apartment when they are working.*

Editor’s note: *This is the only cook with phone number I have managed to find. There must be many more who would like to be listed. Please send in your recommendations.*

SHOPPING IN PUNE

Ed: *I myself have never experienced any problems at Mumbai airport with customs, but I have heard of students being asked to provide receipts from goods purchased in India. So, a word or warning: save your receipts!*

Stationary, Paper Goods and Art Supplies

Hand Made Paper Institute. Tel: 2553 7383. K.B. Joshi Road (the continuation of Fergusson College Road across Vidyapeeth Road), on the edge of the agricultural college. Beautiful handmade paper, stationary kits and gift packages. Email: hmpinstpune@vsnl.net.

Staples office supplies – at the E-Square Multiplex.

Venus Traders. Tel: 2553 5757. Barista Lane. Just outside the Vaishali Restaurant, Fergusson College Road, second lane to the left. This store carries school and stationary supplies and blank CD's, has sliding glass doors at its entrance and a clean, functioning toilet for customers.

Patwardhan's Art Supplies. Next door to **Venus Traders** (above). 80559 85998 (mobile). Email: anantpatwardhan@yahoo.com.

Clothing, Crafts and Gifts

Anokhi. Units G2 and G3, Arthavishva, Lane 5, Koregaon Park. Masters of hand-block printing, Anokhi blends contemporary sensibilities with traditional craftsmanship. Eco-friendly clothing and home textiles. Tel: 4128 5858.
Website: www.anokhi.com.

Arnav. Geeta Bhojwani. B-31, Abhimanshree Society, Gate No. 3 Pashan Road, off University Flyover, Pune, 411-008. Geeta Bhojwani has been shopping for yogis for a long time and she knows what we want. Her home based one-stop-store is an Aladdin's cave of hand selected works of art, jewelry and handicrafts from all over India. You will find lots of interesting gifts, some made by award winning artists, including beautiful hand screen printed paper, gift cards, good quality woolen and silk stoles and scarves, Patanjali statues and embroideries. *I advise that two or three of you go together. Slow down and enjoy a cup of chai as you browse. Call before you go, to be picked up and dropped back home afterward.* (distance 4 kms from the institute).
Cell: 982-203-4546. Land line: 91-20-2565 3937.
Hours: 8 am – 10:00 pm. Open on Sundays. Credit cards accepted.
Email: ArnavHandicrafts@hotmail.com.

Bagwan Aum Market. Laxmi Road (next to the Commonwealth building). A great collection of dupattas and scarves—a veritable feast for the eyes. Bring anything you want to color match. Second from the last shop on the left and across on the right. Ready-made dresses and western clothes (currently very popular in India). Tel: 2445 7226.

Bombay Swadeshi Store. 322, M.G. Road. For gifts, clothing and souvenirs.
Tel: 2613 1067.

Christina. Kalpataru Gardens, 9A, Boat Club Road. Upscale clothing store.
Tel: 2612 1606.

Dimpex International (exporters). **** Change of address:** c/o Anusaya (Mane) Bldg., S. No. 1077/B, Plot No. 429, Pune: next to Sharmistha Society. Durga Naga Road, Model Colony (at the back of Sahara Hotel Petrol Pump) Pune 411 016. Dimpex International has been selling batik T-shirts, yoga bloomers, bolster covers, yoga mat bags, batik greeting cards and other items since 1975. Proprietor: Sudhir Gaikwad. Fax: 020 25656145. Tel: 2565 6145. M: 9420137034. Email: dimpexbatik@gmail.com.
www.dimpex.batik.in.

Know that many of the items sold here are almost exact copies of items already being

sold by RIMYI (Ed.)

Either Or. Sohrab Hall, 21, Sasson Road. Crafts and clothing. Near to Fabindia listed below. Sweet clothing for kids.
Tel: 2605 0226 or 240-176-6639.

Fabindia. Fabindia Overseas Pvt. Ltd. Sakar-10, opposite Jehangin Nursing Home, Sassoon Road (tell the rickshaw driver Ruby Hall). Tel: 2612 4820. There are also two other branches in Pune:

*Plot 2 & 3, Akshay Complex, ITI Road, Aundh, Pushpak Park, Aundh, Pune, MH. Tel: 020 6601 0586.

*Shop No 105, R Deccan Mall, Deccan Gymkhana, Pune, MH
Tel: 020 3049 3065

Ready-made men's and women's clothing and household linens. Open 10 am to 7:45 pm. Email: fabpune@eth.net. Website: www.fabindia.com.

Fantasy. Neil Mundra. 6, Kalpataru Gardens. 9A Boat Club Road. Open Monday to Saturday 10 am to 8 pm and Sunday 10 am to 1 pm. This family-owned store has been helping Iyengar students with their rug purchases for many years. It carries Kashmiri silk and woolen carpets (will ship overseas), also pashmina shawls and stoles, appliqué, mirror work, embroidered bed covers and cushion covers. Tel: 2616 0251. Cell: 982-301-8644. Email: fantasy6@eth.net

Gandhi Kadi Bhandar. Sevasadan Building, Kunte Chowk, Laxmi Road. Hand-woven and ready-made fabrics, classic men's kurtas and pants; tailoring available but not recommended. Closed Monday. Tel: 2445 5797.

Happy Heart, 24-A, Ragvilas Society, Koregaon Park. Jewellery, stones, statues. The owners are relaxed, knowledgeable and very helpful - they even sourced out a Shirodhara pot, something they don't normally carry. Excellent selection and fair prices. Highly recommended.

Jahan's Art & Crafts. Vaswani Nagar Building, next to the (new) German Bakery. Koregaon Park, Pune 411001. Gem stones, Jewelry, Tibetan Singing Bowls. Mobile: +91 9823733800/+91 020 30470870.
Email: jahan.art_craft@rediffmail.com.

Kashmiri scarves. A good place to get Kashmiri scarves, owned by Farouk and right around the corner from Happy Heart.

Handmade Art of India. Jagtap Library, opposite Hotel Chetak, Model Colony, Shijainagar, Pune – 411016. Handmade is the brainchild of Rima Gaikwad (previously of Lishkara). This is a one-stop salon for the best of India's handcrafted fabrics, and a vast range of clothing. You can find the best of traditional and contemporary design from all parts of the country with the emphasis on natural and eco-friendly products. Rima can also make beautiful covers that fit the flat bolsters used in many North American yoga studios—verify dimensions with her beforehand. In addition, she sells a range of organic cotton yoga wear produced by Roshen from the Iyengar Yoga Institute. Part of the sales proceeds go to Gurujii for his Bellur fund. Tel: 982-200-9858. Email

rima_gaikwad@yahoo.com

Hers. Laxmi Road, opposite the petrol pump at the start of Laxmi Road. Hand-painted dresses, printed material, cotton and silk dresses made with vegetable dyes. Fast alterations.

** A student sent me a bad report of Hers, saying that they were given very bad service here. Please let me know if anyone else has dealings with this business, good or bad.*

Heritage Handicraft Emporium

323 M.G. Rd

www.heritagehandicraft.com

Authentic Indian handicrafts including real pashminas, wood carvings, metal artifacts, jewelry, stone carvings, and paper mache'

Karachiwala. 4 Moldina Road, Near Poona Coffee House, Camp. Indian handicrafts; wholesalers, retailers and exporters of fine jewelry, arts & crafts, etc. Ganesh, Patanjali, Krishna, Vishnu, Brahma and Shiva statues. Bronze, brass, sandalwood carvings, also scarves. It's been assisting Iyengar students for decades. Tel: 6523 4935. Cell: 982-259-8486. Email: rohit_daswani@vsnl.net or Roh777@yahoo.com.

Kashmir Gift House. Shop No. 69, Ground Floor, Clover Center, 7 Moledina Road. Owners: Sarwar and Sarfaraz Ahmad. Small shop with very good prices and discounts for Iyengar students. Tel: 982-204-8282.

Kilol. Sohrab Hall, Sasoon Road, near Fabindia. Kurtas, cotton tunics and blouses, and pants of beautiful hand loom cotton. Tel: 2605-9454.

Also visit **Lakshmi Road** for ready-made salwar kameez, saris, fabric, etc.

Lishkara, B-004, Nityanand Complex, Bund Garden Road, has closed down.

Lucknow Chikan Palace. Varsha and Shantanu Pansare, 917/19, Fergusson College Road, opposite the Hotel Vaishali. Chikan is a type of embroidery. For salwar suits, bedspreads, saris, dress material. All outfits are made to measure. Hours: 10 am to 1:30 pm and 4 pm to 8:30 pm. Closed Monday.

Metro Shoe Store. Fergusson College Road, across from the Bombay Store.

New Choice. 629, Phadtare Chowk, opposite Sharmilee, Laxmi Road. Salwar kameez, ready-made or custom-made. Make sure they get your specifications right, and don't hesitate to return for additional alterations. Tel: 2445 5906.

Omer Sharif Gift Store, Vaswani Nagar, Building # 8. Omer and his nephew, Manish, speak English well. Tel: 2605 3162. Cell: 937-187-3313.

Email: omersharifgiftstore@rediffmail.com.

Saheli. Highly recommended clothes shop on FC Road opposite the Commonwealth Building. The owner, Deepak, speaks excellent English.

Satguru's. Shop 91, Clover Center, 7, Moledina Road, Camp (perpendicular to M.G. Road). This store is first on the right at the Moledina side entrance to Clover Center. It's a tiny shop selling short and full-length Lucknow kurtas—always great to wear back

home.

Showkat Art & Craft. Beside Hotel Ambassador. Model Colony. **Warning!** The owner of this store, who waits in front of the Iyengar Institute after classes, is reportedly selling Rs 500 shawls (saying they are pashmina) for Rs 4000. He is also selling stones, which may also be fraudulent.

Mrs. Vandana Sanghavi, C-19 Ashwini Society, Near Shoppers Stop, Bombay-Pune Road, Shivajinagar, Pune. Yoga t-shirts, yoga shorts and bloomers including batik t-shirts and shorts, and props. Tel: +91 20 32910731; +912025541764 or +91 902 802 8252. darshana_ca@yahoo.com

Shahenaz, Ethnic Home Store. 1, Kalpataru Gardens, Boat Club Road. Traditional Indian cushion covers, bedspreads, wall hangings, table covers and runners, as well as cotton sheets, rugs, quilts, pashminas. Tel: 2616 4875. Cell: 989-017-9963.

Shine Arts. Baswani Nagar. Building 7. Dupattas, shawls. Owner: M.Y. Raga.

Surve Bandhu Ambewale

1485 Shukrawar Peth near Laxmi Rd.

Retail and wholesale Incense and japa malas, including the rudrakshas

The Bombay Store

322 M.G. Rd.

A little bit of everything can be found here. Clothing, bathwear, bedding, tableware, artifacts, gifts and "wellness" items.

Sanskriti Lifestyle: Lane 7, Koregaon Park. Opposite Post 91. Must go place for antique Indian handicrafts, brass statues items carved from wood etc. They have a facebook page.

Saris

Vama and Kajree. Kute Chowk, Laxmi Road. Silk saris, wedding saris, salwar-kurtas. The salesmen will parade hundreds of items for you if you don't stop them. Tel: 2445 5382.

Pratibha

Sevasandam building, Kunte Chowk, Laxmi Rd. and Roopkala

Dress material-silk and handloomed cotton and good priced sarees.

Jewelers

Ashtekar Pathrikar

Inside a gallery in Dulham Complex

375, Narayan Peth, Laxmi Rd.

Good quality design and fairly priced gold and silver pendants. OM and Ganesha's.

Ashtekar Bros. Sadashiv Peth, Umbrya Ganapati Chowk, Laxmi Road (a couple of doors down from Dolhan Saris). Small, single-door store with great anklets and toe rings. The owner can even tell you what percentage of silver an item has. Tel: 2449 1749. Cell: 942-233-372-4590.

Bharatkumar Jewelers. 361, Sardar Vallabhbhai, Patel Road (Center Street parallel to M.G. Road), Camp. Owner is a designer of attractive, inexpensive pieces of traditional silver jewelry. The owner, a former student of Guruji, offers RIMYI students a significant discount. Tel: 2635 9536.

Janhavi's Jewellers. 572, Laxmi Road, Sadashiv Peth. Amol and Gauri Kaaigaonkar sell gems for healing—very expensive. Tel: 2445 0935.

M. L. Wagh and Son. 793 Budhawar Peth, Umbrya Ganapati Chowk, Laxmi Road. Highly reputable, fine jeweler, patronized by the Iyengar family. They make jewelry to order, good to give orders plenty of time and be very specific. Mr. Wagh Sr. attends classes at the Institute and is extremely pleasant to deal with. Tel: 2445 7349.

Purushottam Narayan Gadgil and Co. (PNG). Laxmi Road. Tel: 2445 5742. *Second location:* Paud Road. Tel: 2546 4726. *Third location:* Chinchwad, Gadgil on East Street, running parallel to M.G. Road. Lovely gold (and some silver) necklaces and earrings. Tel: 2744 3444.

Ranka. 575, Laxmi Road. Give yourself a *Breakfast at Tiffany's* experience at Pune's top-drawer jeweler. It's worth the trip just to see the store's interior! Tel: 2445 9830; 2449 0366. Fax: 020-2445 3890. Email: rankarkpl@gmail.com.

Shree Jewelers. Owner: Lalite Oswal. His son Sagar also works there. 517 Center Street, Pune. Tel: 91.20. 26340555. Email: sagaroswal@hotmail.com. Some of the wealthiest women in India shop here for their diamond jewelry along with those who want simple silver things or inexpensive gold plated jewelry. They make their jewelry in their own workshop and many designers have their jewelry made there. From wonderful Indian jewelry to beautiful western designs, or if you are looking for stones or beads, this is also the place to go.

Sikki's. 291 Vaswani Nagar, German Bakery Lane, near Koregaon Park. sikkitibetan@yahoo.co.in. Sells inexpensive gems, necklaces and Tibetan items, plus loose beads sold by weight. Sikki's has the best deals—and a great attitude. Tel: 982-336-8604.

Solanki Jewelers on Center Street, off M.G. Road.

For mala: Sree Jewelers, Centre Street or the stalls on Tulsi Baug.

Tamishq. A very reliable chain all over India (so you can't be cheated). JM Road.

Tailors

Aarti's Garment Boutique. Sujyoti Building, Patwardhan Baug (at the junction of Deenanath Mangeshkar Hospital and the road from the CD'SS signal), Erandawane.

Owner: Aarti Palekar/Naik. Purchase dress fabric, customized dress designs, embroidery, stitching services; it also creates custom designs for bulk dress orders. Tel: 968-992-8389.

Sayali. 708, Narayan Peth, No. 6, Kunal Complex, Laxmi Road, facing the Commonwealth Building, down a small alley, next to the night dresses. It's the second tailor upstairs on the right. Kailas understands some English. Good and reliable. Tel: 992-281-9552; 992-281-3552.

Sunita Shroff-Naik Tailor. 94/25B, Prabhat Road, Lane No. 11, Shreeraj Apartments, Ground Floor. Tel: 2567 2756. Cell: 989 003 8092. Nana knows where it is. Highly recommended for tailor-made/custom-made clothes for any occasions. Sunita stocks beautiful selected cotton and silk fabrics. Speaks very good English and has many longtime students/customers.

Rajesh Tailor. Wonderland, B/S/2, East Street, Camp, Tel: 9881244346. Look for a little booth in the entrance to the underground area. Be sure to give your projects time, try and drop off what you would like to have made as soon as possible after arriving. Not fancy work but makes very nice basics and copies. Rajesh's English is good and he has a nice sense of humor. Not always upfront about deadlines.

Satish Pise: Krishna Ladies Tailors. Shop no. 9, Maganbhal Patel Market, Camp (behind Center St.), Pune - 411001. He will happily come to your apartment in Pune, but if he does this, pay him a little extra. Speaks good English, and his work is excellent. Sticks to deadlines. The student who recommends him has been going to him for 25 years.

There are lots of tailors in the basement of Clover Centre.

Fabric

Natural Fabrics of India/Banjaras. Shop C3/4, Chaitraban Residency, off ITI Road, Gundh. Tel: 2588 1844.

Sunita Shroff – Naik. 94/25B Prabhat Road, Lane No: 11, Shreeraj Apts., Ground Floor. Pune 411 004. Tel: 25672756. Highly recommended. High quality fabrics of all kinds. Tailoring provided. This is where you get your special silk kurta made for Guruji's birthday celebrations (see tailors).

Wonderland. M.G. Road.

Kajal Fabrics, 426, Bhopla Chowk, R S Kedari Road, Camp, Pune - 411001

National Fabrics - S-9 Clover Centre, Moledina Road, Camp, Pune, Maharashtra 411001

Home accessories

Bolster Cover Maker. SIDDHAI Shop No. 3, behind Dnyaneshwar Paduka Chowk. Take the lane to the left of the Ambassador Hotel (facing away from the hotel). Make another left at the end of the lane and keep walking until you reach a fenced-off field. Follow the lane adjacent to the field. The little store is located in the street that crosses the lane: you'll see a row of very small stores Tel: 2435 0126. Cell: 982-274-6635.

Bolster covers: see entry for **Handmade Art of India** under Clothing, Crafts and Gifts (near RIMYI)

Bolsters. Tilak Road, opposite the English School.

Carnation: The Home Store. Next to Christina. Tel: 2612 1606.

Fabindia. (See *Clothing, Crafts and Gifts.*)

For bolsters: **Sathe Gadi Karkhana**, off Laxmi Road, near Umbrya Ganapati. Tel: 2445 3556.

Shahenaz: The Ethnic Home Shop. Next to Christina. Excellent for covers (pillow, bed, and table), bags, etc.

Kitchen ware: Kirti Novelties, 1128 Budhwar Peth, Tulsi Baug. Ph: 020-244-51973: Assorted kitchen-ware and stainless steel. Good quality basic indian cooking goods, pots pans etc

Also highly recommended for stainless steel goods: **Neelam Steel**, 689 Narayan Peth, Lokhande Talim, (off Laxmi Road), ph 24457261/24493290

Statues

Ishwar's Moorti & Gift Centre. 420, Raviwar Peth, Moti Chowk. This god store has a great collection of bronze and marble statues of Vedic and Hindu deities. Closed Wednesday. Tel: 2445 7686. Email: ishwarmoorti61@gmail.com.

Karachiwala. (See *Clothing, Crafts and Gifts.*)

Mohan Metal Works. 285, Raviwar Peth, near Subhaarsha Police Chowk. The other god store, with wholesale metal art. Tel: 2447 1018. Cell: 942-231-0421.

Rugs

Highly recommended: Fantasy. (See *Clothing, crafts and gifts.*) Will ship to the U.S. Tel: 202-612-0251.

Perfume

Damodhara Bagwandas Sugarndhi. 761, Raviwar Peth. App. Dena Bank, near Phdake Haud, Pune. Pure oils (sandalwood, rose, khus, etc.), handmade, rolled incense sticks and cones, sandalwood soap, rose petal jam—a feast for the senses. Tel: +91 9922088188 (call for directions if you have any problems finding this shop). Email: sugandhincense@hotmail.com.

Vithaldas Narayandas & Son. Phadke Haud, near Laxsmi Road (near the bicycle street). Perfumes and hand-rolled incense. Natural essential oils, natural incense sticks, sandalwood items, pure rose water. Closed Sundays and between 1 and 3pm for lunch. Email: vnsons@vsnl.net. (*A report was sent in from some students who realized, when they went to **Damodhara Bagwandas Sugarndhi** (see previous listing), that they had been over charged here.*)

A.V Kale & Sons. Shukrawar Peth, Shanipar-Market Road, 020-24454860
Incense and oils, particularly nice oils.

Haridas Madhavdas Sugandhi. 451 Raviwar Peth, Pune – 411002. Tel: 24452848 / 24267958. Email: hmsugandhi@gmail.com. Incense and pure oils.

Soaps and toiletries

Over in Pune Camp at the SGS Magnum Mall, on Moledina Road, you can find a **Body Shop**, with a full assortment of cremes and shampoos. *Recommended:* the Olive Oil Shampoo and Conditioner.

Sticky mats

Champion Sports supply sticky mats and foam blocks. 759/52, Deccan Gymkhana, FC Road Pune 411004. inquiry@championsportspune.com. Tel: (020) 25659066/2553174. M: +91-9673996614/25513117. Closed Monday.

Bookstores

Bookword Basement. 616, Sagar Arcade, Fergusson College Road. Helpful. Huge stock of books. The store will order a book if it doesn't have it in stock.

Crosswords. The Jangali Maharaj Road location is closed. There is a store at the E-Square Multiplex and another, nicer one, near Model Colony, at ICC Trade Towers, Senapati Bapat Road.

The International Booksellers. Deccan Gymkhana, on Fergusson College Road toward the Deccan Bridge area (at Deccan Corner). The store has a lot of textbooks. Closed Sunday. Tel: 2567 7405.

Also in Pune Camp at the SGS Magnum Mall, you'll find **Landmark**, a large bookstore with discount prices on many items.

As of March 2012, **Mannys Booksellers** is no longer trading. This popular 63-year-old

bookstore, part of erstwhile Pune has closed. Manik Mani who took over the store started by his father, the late VG Manny on November 1, 1948 said he is "...calling it a day because I want to spend time with my three little grandchildren, my daughters and my wife." Manny's will be greatly missed.

RIMYI. The store carries an extensive collection of books written by Guruji. They also carry some guide books including *My Pune Travel*, published by Elephant and Maharashtra Chamber of Commerce, Industry and Agriculture, 2006. Also available at the Institute store is a new edition of the *Pune Tourist Guide and Map*.

Music stores

For CD's and tapes: **Alurkar Music House**, Swapna Nagari, Karve Road (just past the Ayurvedic Research Institute, known in Marathi as "Rashashala"). The owner speaks English and the shop has a good selection of all kinds of music—mantras, kirtan, bhajans, ragas, etc. Tel: 2544 0662.

Oceanic Sound and Vision. M.G. Road, just opposite Wonderland. This is a good place to buy DVD's.

There's also a music store above OM Supermarket, Gokhale Road.

Electronics

Das Electric. Near Bombay Garage on M.G. Road. Blenders, fans, etc.

Croma. Sorry, no address.

Assorted

Subhash Bucket and Trunk Depot. Shukarwar Peth, Tel: 9270699352
Metal Indian Trunks - all sizes, nice to have when back at home. These are inexpensive although they can dent easily when in transit (part of the charm?). Near to Tulsi Baugh, Laxmi Road / main shopping area.

Sayali Florist. F. C. Road, near to Vaishali and Aroma coffee shop, Tel: 9822048050, ask for Vijay the owner, the nicest flowers around with fair prices.

Coffee Cravings

Real ground coffee, reasonably priced, is available in Pune at **Kamaradhara Traders**, Coffee Merchants, 1249/50 Greetwel Building, near the Goodluck Chowk, Deccan Gymkhana. If you walk up the F-C Road past Roopauli, turn left at the open-air flower stand and it is in an arcade there. Open 7–1 p.m. and 4–8:30 pm daily except Mondays. Phone 2553 2918

Coffee shop in Pune Central.

Aroma on F.C Road near Vaishali
Barista on FC Road, just south of Roopali

PBC (Poona Baking Company) At the Marriott Hotel and Convention Centre,
Senapati Bapat Road

The Flour Works, North Avenue, Kalyani Nagar, Pune, India 411006
Tel: 020 2668 0474
Email: info@theflourworks.com <http://theflourworks.com/>

The Patio, Opp Vama, Lane next to Sarja restaurant, Aundh

The coffee shop Gourmet Avenue and the day spa at the Hyatt Regency are great!

Tea

Makaibari Tea (<http://www.makaibari.com/>) They also deliver it to you. They are the best; a lot of the sanyasi's buy big quantities and take back with them. Best organic tea:
Mr. Raja 033 22 87 85 60 or (0) 9733 00 45 77
Laundry

Take your laundry to the Chetak Hotel and they will return it within two days day, washed, ironed and wrapped beautifully in newspaper and string. 30 Rupees per piece.

Iyengar Yoga

Introducing a new Iyengar Yoga studio in Pune: Prana -The Homoeopathy Yoga Center. Classes are taught by Amit Pawar in a brand new state of the art fully equipped studio. Amit who has been a student of B.K.S. Iyengar since childhood, assists in the medical classes at RIMYI. Classes held 7 days a week, include therapy classes and a women's class. 9th Floor, Bajaj Brandview, Wakdewadi, Pune - 411003. Tel: 020 66482200, 66482222. Email: amitnpawar@gmail.com. (Expected launch of website 3/20/14) www.prana-hyc.com.

SHIPPING, PACKING and MAIL SERVICES

FedEx. Shop No. 1 Gera Garden, Ground Floor, next to the Taj Blue Diamond, Koregaon Park Road, Pune 411001. Open 9 am to 10 pm, Monday to Saturday.

DHL Express. Call Abhijut, Aastha or Roshan for the address of the nearest DHL Express center. Note from Editor: "*There were mysterious restrictions on what I could and couldn't send via DHL,*" Sorry, no phone number.

Anil Bijlani

bijlanipaf@rediffmail.com

Telephone: 9823958999. Anil offers very fair rates using FedEx. Packages have arrived to New York within 3 days. His staff packs things well too. Service is mostly super efficient. Best to use him for good-sized packages. Located near the Le Meridian Hotel, about 10 minutes in a rickshaw from the Institute.

Mr. Pradeep Kulkarni is Pandu's secretary. He can be contacted at RIMYI between 11 am and noon. Tel: 985-004-5191.

** Some students report disappointing service from Mr. Pradeep Kulkarni.*

Mr. Sanjay Lopes, at Smita Paranjape's apartment, opposite the Model Colony Post Office (look for "Ravi Pavanjape" on the outside wall of the building). Enter through the gates of the driveway where a car is parked. Mr. Lopes provides excellent packaging services, particularly catering to yoga students' shipments abroad. Open 9 am to 6 pm; closed Sunday. Tel: 9405436175. Email: kalisriya@gmail.com.

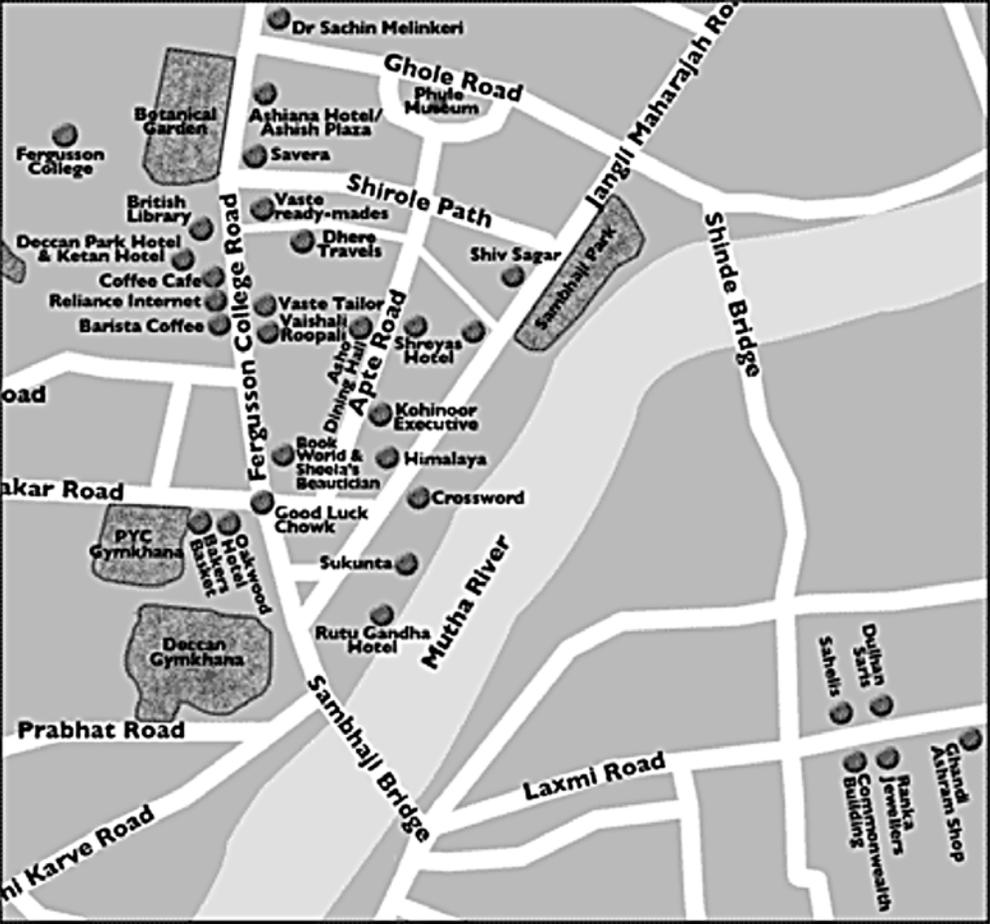
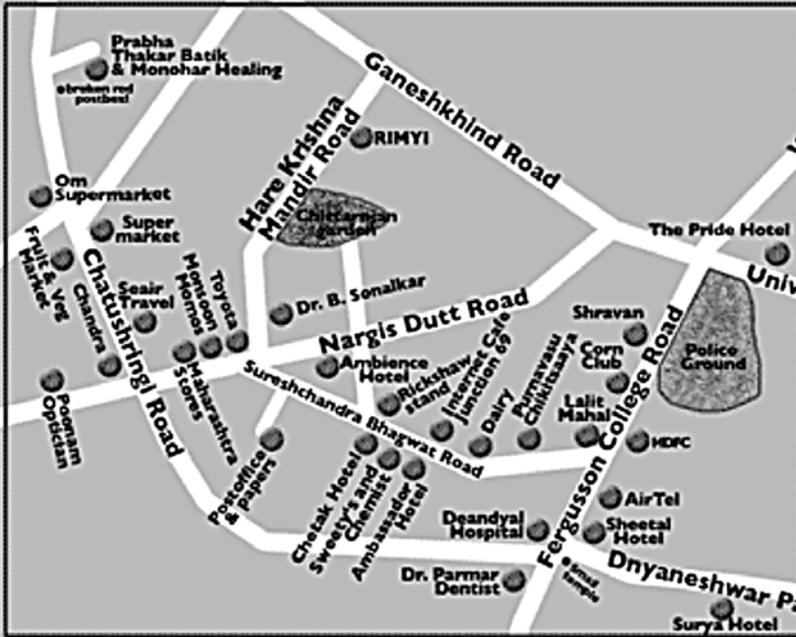
** Mr. Lopes is the most reliable and the least pushy packaging person by far in Model colony. Highly recommended.*

Mr. Vasant V. Khedekar: cell: 9881435264.

MAP of RIMYI AREA

On next page

SHIVAJI NAGAR AREA



F.C ROAD, J.M ROAD AND LAXMI ROAD AREA

