

Alchemy

an Integral Health Centre : a unit of The Gnostic Centre

Rules & Regulations for Gym Members

Alchemy is a unit of The Gnostic Centre - a research centre for the growth of consciousness, consecrated to the vision and work of Sri Aurobindo. The Centre is a place for those seeking spiritual and deeper knowledge, self-awareness, self-change, as well as a consciousness approach to all aspects of life, work and learning. It is a place that allows you to come in touch with your inner self and work upon your outer being with the help of the inner. All efforts are made to preserve and nurture the peace and tranquility that are present in the Centre's environment.

Alchemy is set in such a backdrop, and therefore, it is essential that those who join Alchemy, also appreciate and maintain the sanctity of the place. For this reason, a few ground rules are essential for those who join the Gym. Please read these carefully as these are strictly implemented and the membership can be cancelled for failure to abide by any of these.

GROUND RULES

1. No person under the age of 18 years will be allowed to become a member of the Health Centre. Persons suffering from any communicable diseases are not permitted to use the Health Centre facilities. Pets, Attendants, Bearers, Drivers, Servants or associates are not permitted in the Health Centre.
2. Alchemy is an integral health centre and the time you spend here should be dedicated to focusing upon and working for your inner and outer health. Should you indulge in any activity that contradicts this principle, the Gym Instructor and/or the Management has full right to point this out.
3. The use of Cell phones is prohibited in the Gym. It would be best not to carry the phones with you to the Gym, however, if you do so, please put them on Silent mode and deposit them with the Gym Instructor (or at the Gym entry) to avoid using them through your work-out session. In case of an emergency call, please come out of the Gym to speak on the phone and remember to speak softly.

4. Avoid speaking in loud tones and on topics that should be avoided in an atmosphere dedicated to a growth of consciousness and spiritual activities. Respecting the right of other users, refrain from shouting, foul language and boisterous behaviour. Should there be a driver or attendant with you, they too must be informed of this rule and abide by it. They must also maintain quiet and not play music in the parked car or indulge in other noise-creating activities while in the Centre's premises.
5. Members are required to carry their membership card at all times when using the premises. The Security Guard at the farm entry has full right to ask for this card to check your credentials with regards to entry to The Gnostic Centre and farm premises. The Management reserves the right to restrict entry to or remove from the premises any person(s) whose character, appearance, manner or conduct is demonstrated to be unacceptable to the Management.
6. Smoking, drinking, use of tobacco or drugs is strictly prohibited in the premises. Should there be a driver or attendant with you, they too must be informed of this rule and abide by it. Photography and video are also prohibited.
7. Appropriate attire must be worn in the Health Centre premises. (Athletic/sports clothing, sports socks and athletic footwear, etc.). As a matter of custom and etiquette, removal of T-shirt / upper in not permitted in the exercise areas.
8. Footwear: Please take great care to choose the correct footwear to exercise on the gym equipment. Keep your exercise shoes clean and do not use them outdoors (as even the tiniest particles of dirt gathered can be abrasive for the floors and the equipment). You can carry the special footwear with you and change into it in the Reception area, before entering the Gym. No footwear is allowed inside the Massage room or Exercise hall – the only exception being when required for specific exercises.
9. Driving through the Farm: The Farm is a private area and we are privileged to have access through it. It is essential that you respect the right of the way of the horses and drive sensitively, in view of the horse movements on the pathway. Speed limit is 20kms per hour and you must also instruct your driver or associates to stick to this limit. No honking, just wait for the horses to pass by.

CONTACT

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