

# Guidelines for those staying at aikyam space

**Arrival/Departure Confirmation:** Please confirm your arrival and departure date and time at least 2 days in advance.

**Door Opening Time:** 6:30 AM

**Door Closing Time:** 10:30 PM

aikyam space is a **smoking-free, drug-free, and alcohol-free environment**.

Here's a recommended list for what to bring for your stay:

- 1.? **Laptop (Important):** Please bring your laptop to the workshop, as you'll need it for the sessions.
- 2.? **Bedding:** At least one set of single bedsheet and pillow cover.
- 3.? **Toiletries:** Personal items like shampoo, soap, toothbrush, etc.
- 4.? **Towels:** Bath towel and washcloth.
- 5.? **Medications:** Any personal medications you need.

At aikyam space, you will have shared accommodation and food (breakfast, lunch, dinner) for the duration of your confirmed stay. Please note that we may not be able to provide for all dietary requirements; food served will be primarily vegetarian.

P.S. Do let us know if you have any food allergies.

**Contact Number of Space Manager:** 70122 03303 (for any queries)

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