

PERSONAL CONTACT PROGRAM (PCP) GUIDELINES FOR STUDENTS:

1. PURPOSE OF PCP

The Personal Contact Program (PCP) is a required, in-person component of the VaYU curriculum designed to provide hands-on experience in Asanas, Pranayama, Mudras, Kriyas, Meditation, and Therapeutic Techniques.

Attendance at the **PCP is mandatory** for successful completion of all courses that carry the “P” (Practical) designation.

2. COURSES WITH PCP REQUIREMENT:

The following courses include PCP sessions:

- **YMS 104P:** Preparatory Practices, Asanas, Kriyas, Mudras, Pranayama & Meditation
- **YBC 101P:** Bridge Course for RYT 200/500 Certified Students
- **YBC 102P:** Bridge Course for C-IAYT Certified Students
- **YMS 302P:** Advanced Yoga Techniques
- **YMS 303P:** Yoga Therapy Techniques

3. PCP DURATION AND SCHEDULE (BETWEEN THE 10TH AND 13TH WEEK OF YOUR SEMESTER)

- **YMS 104P** - 5 days - Monday to Friday
- **YBC 101P and YBC 102P** - 2 days - Saturday and Sunday
- **YMS 302P and YMS303P** - 2 days - Saturday and Sunday
- **Location:** VaYU Campus, Sanatan Dharma Temple Complex, Norwalk, CA

4. REGISTRATION INSTRUCTIONS

- **Default PCP Enrolment:**
Enrolment in any of the courses listed under Section 2: Courses with PCP Requirement will, by default, include PCP registration.
- **Unable to Attend:**
If you are unable to attend the PCP for any reason, you must inform the Registrar’s Office immediately by writing to registrar@vayuusa.org.
 - Exceptions like Visa issue or illness or emergency circumstances are granted only under documented with Dean’s approval.
- **Upload Certificate in SIS (for Bridge Courses Only):**
If you are registered in YBC 101P or YBC 102P, you must upload Yoga Certification (RYT 200/500 or C-IAYT) in SIS.

5. MEDICAL FITNESS REQUIREMENT: HEALTH DECLARATION FORM

Your Health Declaration form is confidential and used by the PCP faculty to determine if any of the practices are contraindicated.

- Download the Health Declaration form available in the [LMS](#).
- Fill, sign, and email the Health Declaration form to PCP Faculty at vlk@vayuusa.org

6. TRAVEL & ACCOMMODATION:

Make your travel and lodging arrangements well in advance according to the dates announced on your course homepage (LMS).

6.1 NEAREST AIRPORTS:

1. Los Angeles International Airport (LAX) - ~22 miles (~30-45 minutes)
2. Long Beach Airport (LGB) - ~10 miles (~20 minutes)
3. John Wayne Airport (SNA) - ~30 miles (~40-50 minutes)

6.2 HOW TO REACH VAYU CAMPUS

BY CAR / TAXI:

Destination: 15311 Pioneer Blvd, Norwalk, CA 90650

- From **LAX:** I-105 E → I-605 S → Exit Rosecrans Ave → Left on Pioneer Blvd
- From **LGB:** I-405 N → I-605 N → Exit Rosecrans Ave → Right on Pioneer Blvd
- From **SNA:** I-405 N → I-605 N → Exit Rosecrans Ave → Right on Pioneer Blvd

BY RIDESHARE (RECOMMENDED):

Use Uber, Lyft, or SuperShuttle directly from your airport to “Vivekananda Yoga University, Norwalk.”

BY PUBLIC TRANSIT:

From LAX, take the FlyAway Bus to *Union Station*, transfer to MetroLink Orange County Line, get down at Norwalk/Santa Fe Springs Station, and take an Uber or taxi (10 mins) to the campus.

6.3 ACCOMMODATION AND MEALS:

Students must arrange their own accommodation.

Nearby hotel options include:

- Best Western Norwalk Inn (1 mile)
- Motel 6 Norwalk (2 miles)
- DoubleTree by Hilton Whittier (4 miles)
- AirBnB's

Lunch will be provided by VaYU.

7. WHAT TO BRING?

- Comfortable Yoga Attire
- Yoga Mat, Neti pots, trataka cups (limited mats available on campus)
- Personal Water Bottle and Towel
- Photo ID
- Health Declaration Form copy
- Notebook and Pen

8. PCP CONDUCT AND GUIDELINES

- Arrive 15 minutes early for each session.
- Please be aware that this is a multi-use space. We request you respect the sanctity and silence of space.
- Mobile phones are to be switched off during the sessions.
- Attendance is mandatory for all sessions; absence may result in course failure.

9. VISA ASSISTANCE FOR INTERNATIONAL STUDENTS

VaYU provides a Letter of Support to assist students in applying for a U.S. visa to attend the PCP. There are no additional charges for this letter. Request visa in advance as rules vary by country and consulate. Request this letter through the Registrar's Office as required in advance. Do not wait till the last minute.

10. CONTACT INFORMATION

Table 1: PCP Contact Information.

Department	Email ID	Purpose
Registrar's Office	registrar@vayuusa.org	Registration
Dean of Academics	tss@vayuusa.org	Academic Guidance and Academic Exceptions
Director of Academics	pts@vayuusa.org	PCP Schedule, Logistics, Faculty Coordination
PCP Faculty	vlk@vayuusa.org	Health Declaration form, PCP syllabus, Class Instructions, Student Interaction, Guidance for accommodation.

11. PCP PROCESS FLOW CHART



