



Welcome to a day on the Mountain! We're glad you are visiting! Below is some general information to help make your visit more enjoyable. Should you have any questions, please contact: Guest Services Office · Community Building · (408) 846-4090 · programs@mountmadonna.org.

Arrival: Program participants are asked to arrive and check in at 10:00 at the Community Building.

Departure: Please plan to depart at 7:00pm and leave your lanyard at the check-in table or with a staff member.

PROGRAM SCHEDULE: Below is the schedule for the Asana as Prayer day program.

		Location
10:00 am	Arrival & Check-in	<i>Community Building (CB)</i>
10:30 - 11:15 am	Orientation Walk	<i>Orchard House</i>
10:45 - 12:15 am	Session 1	<i>Orchard House</i>
12:45 - 1:30 pm	Lunch	<i>Community Building</i>
1:30 - 3:00 pm	Personal time	
3:00 - 5:15 pm	Session 2	<i>Orchard House</i>
5:15 - 6:15 pm	Dinner	<i>Community Building</i>
6:00 pm	Arati (optional)	<i>Temple</i>
7:00 pm	Program Concludes	

Meals are served in the Community Building at the times indicated above (please arrive 15 minutes before the end of mealtime). Breads, spreads, and a fully stocked tea bar are also available between meals.

Meals are strictly vegetarian – no meat, fish, fowl, or eggs. Please do not bring any outside food. With advanced notice, we do our best to accommodate dietary restrictions. If you have serious allergies, contact your retreat coordinator and/or the Guest Services Office to discuss available options.

CENTER OFFERINGS

Sankat Mochan Hanuman Temple: Join for daily Arati (celebration of light) at 6:00pm. www.Temple.mountmadonna.org

Anjaneya's World Café: Refresh your spirit with espresso, coffee, cold beverages, organic snacks, music & conversations from around the world. Hours are posted on the door.

Oceanview Books & Gifts: Spiritual books, music, clothing, yoga supplies, jewelry, and various gifts.

Hiking: Enjoy our 380 acres of forest trails! A trail map is provided in this packet. Stay on trails to avoid poison oak. Hike with a buddy!

Kaya Kalpa Wellness Center: Offerings include massage, reiki, yoga therapy and more. *Available by appointment only.* Visit mountmadonna.org/kayakalpa for services. Contact 408-846-4078 or kayakalpa@mountmadonna.org.

Hot tub: Located outside the Wellness Center; open 10:00am-7:00pm (no reservation needed). Bathing suits are required. Please bring a towel and take a shower before entering the hot tub. Showers are available near the hot tub.

SERVICES

WIFI: Use 'MMC Guest' network – password: **Lotus108**
Available in the Community Building and Anjaneya's World Café.

Business Services: Mail, fax, phone, copies & computers – visit the Reception Office 408-847-0406 reception@mountmadonna.org

Lost and Found: Visit or call the Reception Office.

Cell Phone Use: In our effort to maintain a peaceful environment, we ask that cell phones be used mindfully, preferably away from others.

Valuables: Keep in your locked vehicle

Filtered Water: Available in the Community Building and designated blue water jugs. Tap water is okay to drink but DO NOT drink water from the green agricultural spigots.

Medical Services: First Aid kits are in every building, including the Reception Office and Kitchen in the Community Building. For other needs, contact Doctors on Duty in Watsonville 831-722-1444.

ENVIRONMENTAL AWARENESS

Fire Safety: Do not light candles, incense, or flames anywhere. Do not drive vehicles off road into grassy areas. Smoking is only permitted in the outdoor smoking area located below the Community Building in the far right corner of the parking lot.

Water Conservation: Please avoid unnecessary water use. Kindly report any water leaks by text message to 931.226.0005, or to Guest Services.

Food: No food or drink may be brought to the Center. If you have special food needs please see Guest Services.

Fragrance: Mount Madonna is fragrance-free. Please refrain from using any scented products, including lotions and hair products.

Ticks: Ticks get on you very fast when you sit or lie down in the woods. Check yourself after being in the woods - there is 0% transmission if the tick is removed within 24 hours.

CENTER HOURS

Check-in Time is between 10:00am-12:00pm. If you expect to arrive after this time, please notify Guest Services.


Check-out Time is at 7:00 pm. Simply leave your lanyard at the table where you checked in or with a staff member.


Community Building: Open 24/7 for registered guests only.

Main Entrance Gate: Gate closes nightly at 6PM – after that, a gate code will be required for re-entry.

In the case of EMERGENCY dial 911. To contact our Security Team dial 866-662-1275.

Connect with us on Social Media!

 www.facebook.com/MountMadonnaCenter

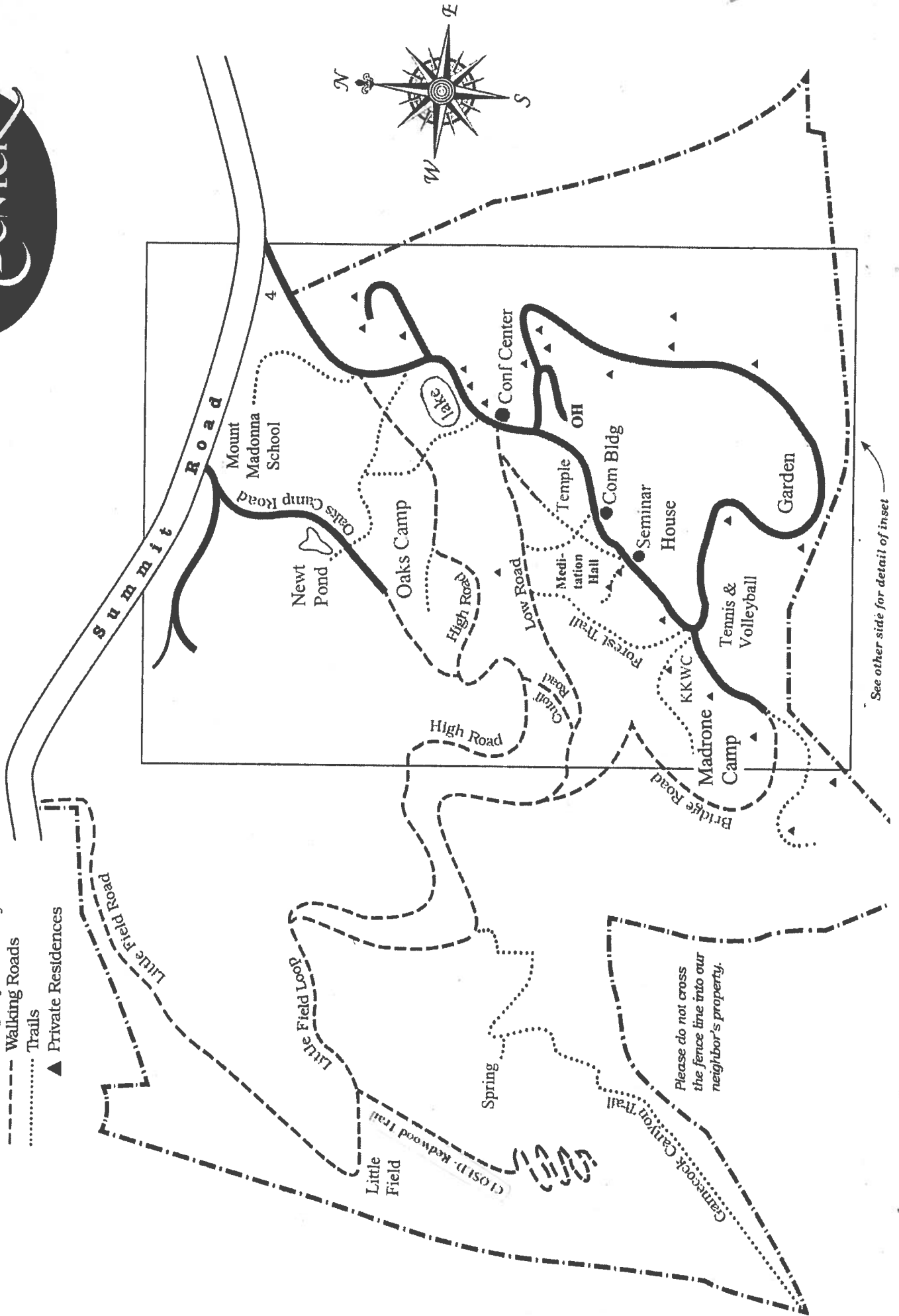
 [@mountmadonnacenter](https://www.instagram.com/mountmadonnacenter)



Trail Map

LEGEND

- Main Roads
- Property Boundary
- Walking Roads
- Trails
- Private Residences





Gate Code: []

Oaks Camp and School Entrance



- MAIN ROAD
- WALKING ROADS
- PRIVATE RESIDENCE
- OUTHOUSES
- SHOWERS
- VAN/RV'S
- SCHOOL BUILDINGS

Private Residences

Duck Pond
Newt Pond

Oaks Cabins #1-9

Oaks Campgrounds

Summit Road

Main Entrance

Gate Code: []

Middle/High School Campus

Assembly Room

Bathrooms + Showers

Bayview Parking Lot

Lakeview Building

US

Parkings

Lake

Farmhouse

Firehouse

Conference Center

Oaks Flat

High Road

Cutoff Road

Low Road

Redwood Yoga Room

Temple

Steps

Steps

Steps

Knoll Cabins

Staff Housing

Orchard House

Oceanview Gifts Cafe

Community Building

Seminar House

Ram Cottages

Forest View House

YSC Program Housing

Kaya Kalpa Wellness Center

HOT TUB

Ayurveda World

Jasmine Room

Volleyball Courts

Tennis Court

School Gymnasium

Garden House

Garden

Little House