



445 Summit Road Watsonville, CA 95076 · (408)847-0406 · www.mountmadonna.org

Welcome! We're glad you are visiting! Here is some information to help make your stay more and enjoyable. If you need further help, please ask the Reception or Programs Office.

	Breakfast	Lunch	Dinner
Monday	8:15 – 9:15am	12:30 – 1:30pm	5:00 – 6:00pm
Tuesday	8:15 – 9:15am	12:30 – 1:30pm	5:00 – 6:00pm
Wednesday	8:15 – 9:15am	12:30 – 1:30pm	5:00 – 6:00pm
Thursday	8:15 – 9:15am	12:30 – 1:30pm	5:00 – 6:00pm
Friday	8:15 – 9:15am	12:30 – 1:30pm	5:30 – 6:30pm
Saturday	Community Building closed 7:15 – 9:45am	10:00 – 11:00am	5:00 – 6:00pm
Sunday	8:30 – 9:30am	12:30 – 1:30pm	5:00 – 6:00pm

Yoga Classes

We invite you to attend at no extra charge. Classes meet in the **Redwood Yoga Room (unless otherwise noted)**, across the road from the Community Building. The Yoga Room is available for any silent practice when classes are not scheduled.

Monday	7:00 – 8:00am 11:00 – 12:30pm	Pranayama & Meditation Asana (All Levels)	Shantam or Stephanie Sean or Stephanie
Tuesday	6:30 – 7:30am 7:30 – 8:30am 9:15 -10:45am	Pranayama & Meditation Asana (All Levels) Yoga Sutra Class (CB Main)	MMC Staff
Wednesday	7:30 – 8:30am 11:00 – 12:30pm	Asana (All Levels) Asana (All Levels)	Tenaya Shantam
Thursday	6:30 – 7:30am 7:30 – 8:30am 9:15 – 10:30am 2:00 – 3:00pm 7:15 – 8:30pm	Pranayama & Meditation Asana (All Levels) Bhagavad Gita Class (CB Main) Meditation Gentle Asana	MMC Staff Atma Adama
Friday	6:30 – 7:15am 7:15 – 8:30am	Pranayama & Meditation Asana (All Levels)	Durga
Saturday	7:30 – 9:45am <i>Please come to entire class if you chose to attend.</i>	Pranayama, Meditation, Theory & Asana - Introductory Yoga Class	Teachers Rotate
Sunday	7:00 – 8:30am	Pranayama, Meditation & Asana (All Levels)	MMC Staff

*Classes subject to change or cancellation. Please visit our website for latest updates: <https://www.mountmadonna.org/daily-yoga-classes>

Hanuman Temple: Join us for daily **Arati** (celebration of light) **6:30am** and **6:00pm**.

CENTER OFFERINGS

Anjaneya's World Café: Refresh your spirit with espresso, coffee, cold beverages, organic snacks, music & conversations from around the world. Sun & Tues – Fri.: 9-10, 1-6:30 | Sat: 10-6:30. Closed Monday.

Ayurveda World: Offers herbal health supplements, teas, oils, and bulk herbs. Tues-Fri: 9-10, 1-6:30 | Sat: 10-6:30 | Sun: 9-10, 1-6:30
MountMadonnaInstitute.org/ayurvedaworld 408.847.4385

Massage and Bodywork: Contact Kaya Kalpa Wellness Center at 408.847.3276 or kayakalpa@mountmadonna.org. Available by appointment only. Visit mountmadonna.org/kayakalpa for menu.

Hiking: Enjoy our 355 acres of forest trails! A trail map is provided in this packet. Stay on trails to avoid poison oak. Hike with a buddy!

Hot Tub: Located next to the Kaya Kalpa Wellness Center. Bathing suit required. Bring a towel. Outdoor showers available 24/7. Open 10am—10pm.

Oceanview Books and Gifts: Spiritual books, relaxing music, clothing, yoga supplies, jewelry, towels, flashlights, & toiletries. Located next to cafe. 408.846.4019 Oceanviewbooksandgifts.com. Sun & Mon 12:30-2:30 | Tues- Fri 12:30 - 2:30, 6-7 | Sat: 11-5, 6-7

SERVICES

WIFI: Use 'MMC Guest' network – password: **Lotus108**
Available in the Community Building, Conference Center, Seminar House, Orchard House and the cafe.

Business Services: Mail, fax, phone and computers – visit the Reception Office.

Laundry Service: Available once a week (\$1.50/lb - minimum \$15). Laundry is picked up on Thursday at noon and delivered Friday or Saturday at 10am. Visit the Reception Office.

Lost and Found: Visit or call the Reception Office.

Valuables: Keep valuables in the safe in your room, in your locked vehicle, or in a security locker in the Conference Center.

Filtered Water: Available in the Dining Room, Conference Center and tea bars around the Center. 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. For other needs, contact Doctors on Duty in Watsonville 831.722.1444

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

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 near the Conference Center west entrance.

Water Conservation: Please limit showers to 3 minutes and otherwise eliminate unnecessary water use. Kindly report any water leaks by text message to 931.226.0005, or to the Programs Office.

Food: No food or drink may be brought to the Center. Please do NOT take food to room or tent – we've had serious critter problems. If you have special food needs please see the Programs Office.

Franchise: 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

Programs Office: 408.846.4064 Mon, Tue, Thur: 9-5, Weds: 9-3pm, Fri: 9-5:30, Sat:10-3

Reception Office: 408.847.0406 Please see the Reception Office doors for hours.

Community Building: Open 24/7 for registered guests only. Closed Saturday's 7:30-9:40 AM.

Quiet Hours: 9 PM to 8 AM. Please avoid any noise which may disturb others during this time.

Main Entrance Gate: Gate closes nightly at 7PM – a gate code will be required.

Check-out Time is at 1:00 pm. To extend your stay, see the Programs Office by 4 pm the day before your scheduled departure.

In the case of EMERGENCY dial 9911 from Center phones or 911 from pay phones. To contact our Security Team dial 866.662.1275. *If you are locked out of your room - please see the caretaker.*

After Hours Help: Please see the caretaker in the building you're staying in for needs after hours. If no answer, and the need is urgent please dial: (408) 475-0095.

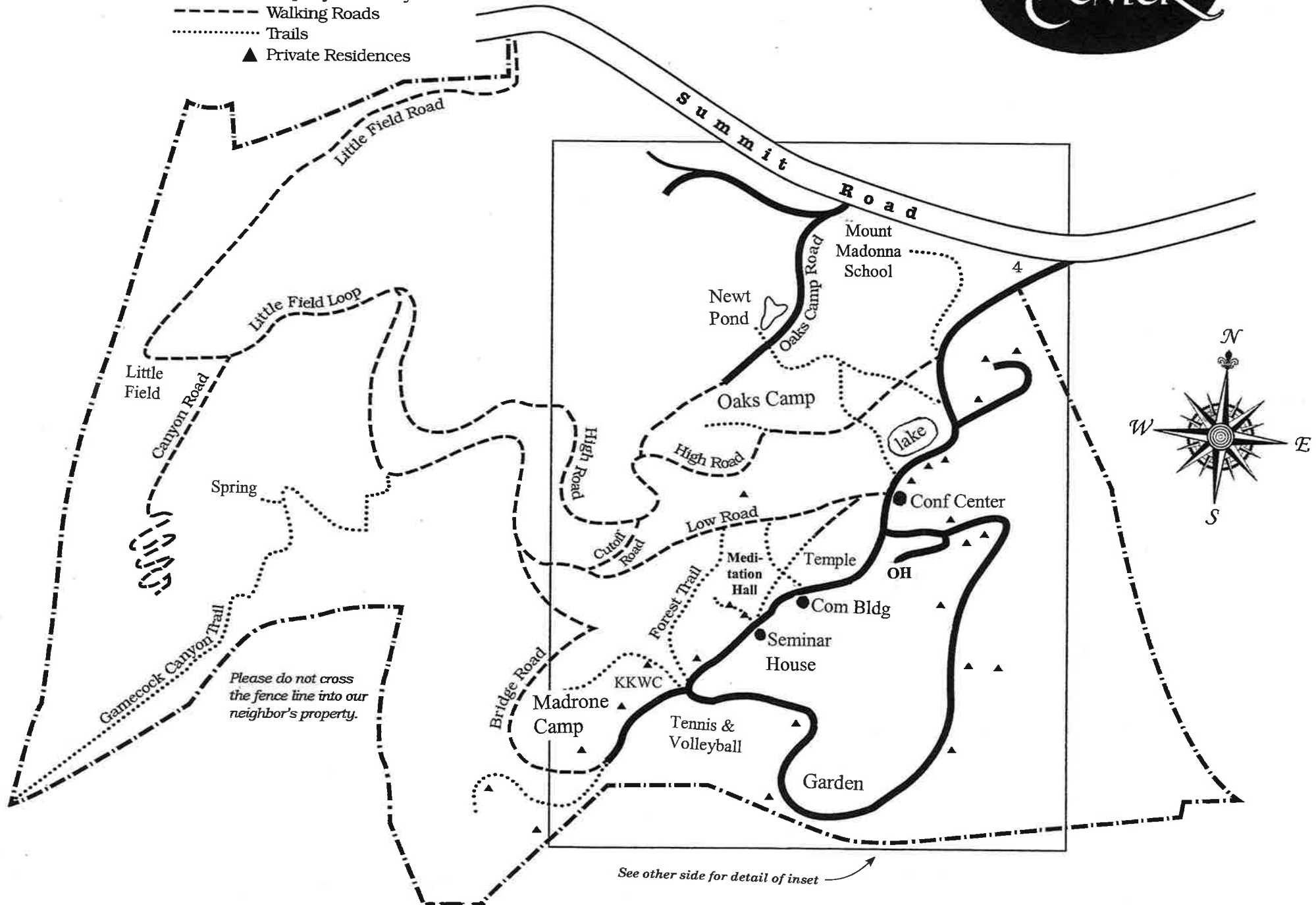
Connect with us on Social Media: Facebook: www.facebook.com/MountMadonnaCenter Instagram: [@mountmadonnacenter](https://www.instagram.com/mountmadonnacenter)

May your stay be nourishing and rewarding.

LEGEND

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

Trail Map





Legend:

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

