



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 & Jemima Crystal
Tuesday	6:30 – 7:30am 7:30 – 8:30am 9:15 – 10:45am 11:00 – 12:30pm	Asana (All levels) Pranayama & Meditation Yoga Sutra Class (CB Main) Beginners Integral Hatha Yoga	MMC Staff MMC Staff Tehut Ami
Wednesday	11:00 – 12:30pm	Asana (All levels)	Shantam
Thursday	6:30 – 7:30am 7:30 – 8:30am 9:15 – 10:30am	Asana (All levels) Pranayama & Meditation Bhagavad Gita Class (CB Main)	MMC Staff MMC Staff
Friday	7:00 – 8:00am 4:00 – 5:30pm	Pranayama & Meditation Gentle Hatha Yoga	Lauren Crystal
Saturday	7:30 – 9:45am	Intro to Ashtanga Yoga: Pranayama, Meditation, Theory & Asana (All levels)	Teachers Rotate
Sunday	7:30 – 8:30am	Asana (All levels)	Carey & Madhayi

*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. Hours are posted on the door.

Ayurveda World: Offers herbal health supplements, teas, oils, and bulk herbs. 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.

Tennis Court and Basketball Courts: Available for use before 9am and after 3:30pm during weekdays and all day on weekends.

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, copies 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 by 10am. Visit the Reception Office.

Lost and Found: Visit or call the Reception Office. 408-846-4065.

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.

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.

Connect with us on Social Media!
www.facebook.com/MountMadonnaCenter
Instagram: @mountmadonnacenter

CENTER HOURS

Programs Office: 408.846.4090. Mon, Tue, Thur: 9-5, Weds: 9-3pm, Fri: 9-5:30, Sat:10-5

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

Community Building: Open 24/7 for registered guests only. Closed Saturdays 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 12:00 pm. To extend your stay, see the Programs Office by 4 pm the day before your scheduled departure.

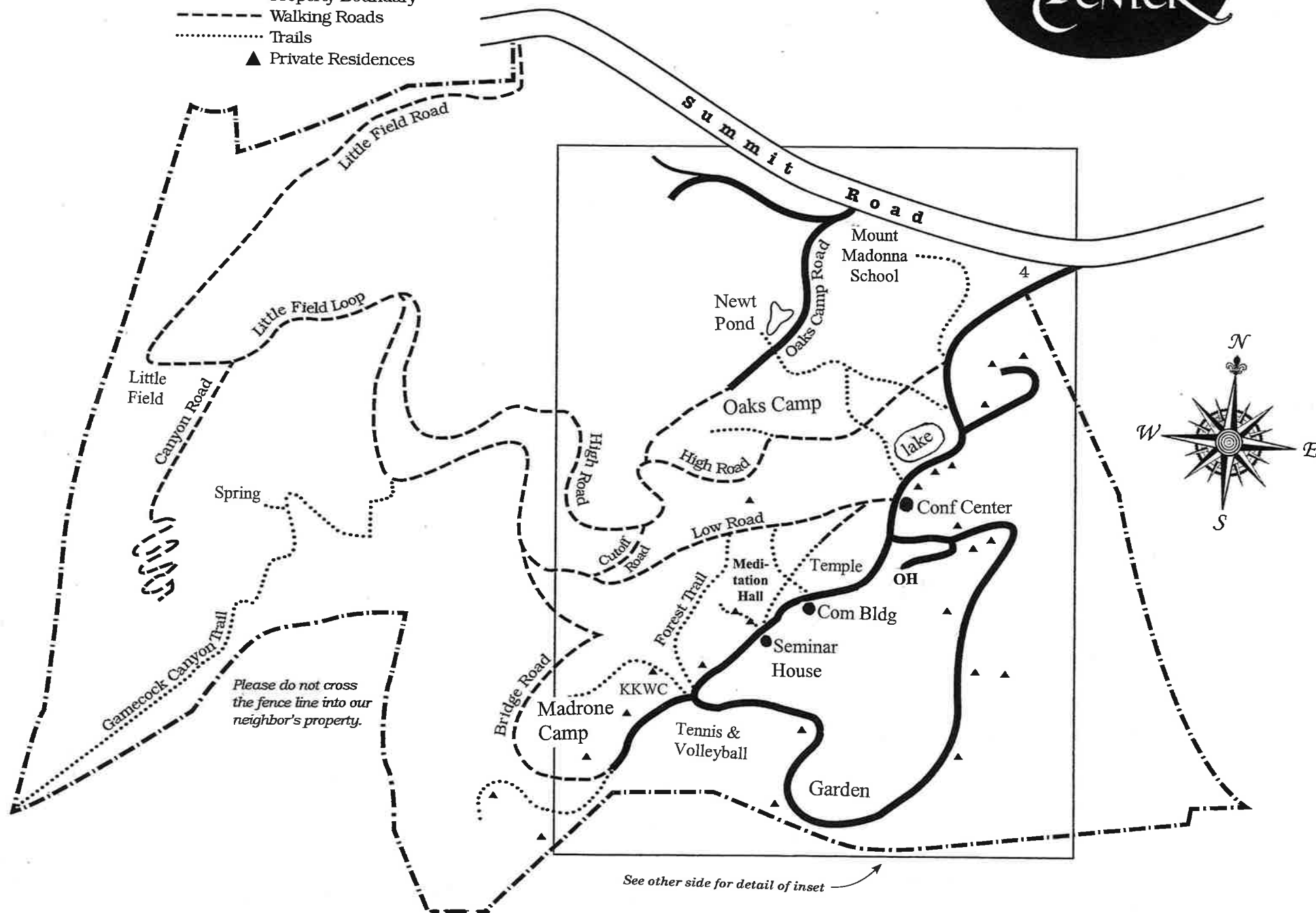
In the case of EMERGENCY dial 9911 from Center phones or 911 from pay phones. To contact our Security Team dial 866.662.1275. *If you are locked out of your room - please see the caretakers in Room 102 or 104.*

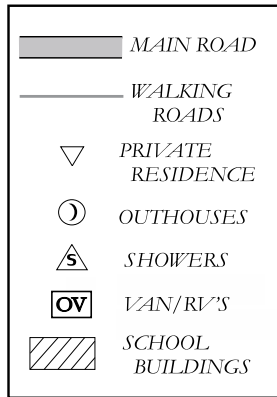
After Hours Help: Please see the caretaker in the building you're staying in for needs after hours. If no answer, and the need is urgent please dial: (408) 475-0095.

LEGEND

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

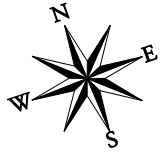
Trail Map





Gate Code:

Oaks Camp
and
School Entrance



Summit Road

Main
Entrance

Gate Code:

Gate

Private
Residences

Duck
Pond

Newt
Pond

Bathrooms
+ Showers

Oaks
Cabins
#1-9

Oaks
Campgrounds

Bayview
Parking Lot

Lakeview
Building

Om

Lake

Farmhouse

Firehouse

Recycle
Shed

Redwood
Yoga Room

Temple

Steps

Steps

Knoll Cabins
Staff Housing

Orchard
House

Oceanview
Gifts Cafe

Community
Building

Seminar
House

Ram Cottages

Forest View House
YSC Program Housing

Garden
House

Garden

Little House

Madrone
Campground

Kaya Kalpa
Wellness Center

HOT TUB

Ayurveda
World

Jasmine
Room

Volleyball
Courts

Tennis
Court

School
Gymnasium

Oaks Flat

High Road

Catalif Road

Low Road

Forest Trail