



Thank you for your interest in spending time with the Mount Madonna Center community, and in participating in the Yoga, Service and Community program.

In this twelve-week program, participants enter the stream of our daily life and are invited to involve themselves in the ongoing activities of a community with the spiritual aims of Yoga, meditation and service. We invite you to explore these aims with us in both philosophical and practical ways.

Enclosed you will find a description of Yoga, Service and Community, some general information about our community, an application to the program, and some answers to frequently asked questions.

The dates for the upcoming 2012 sessions of YSC are listed below.

Applications must be received at least one month prior to the session start date for full consideration.

However, please note that we accept applications on a rolling basis and often fill the session before this one-month cutoff.

ॐ January 3rd – April 1st, 2012 ॐ

ॐ April 3rd – July 8th, 2012 ॐ

ॐ July 10th – October 7th, 2012 ॐ

ॐ October 9th, 2012– January 6th 2013 ॐ

Because delayed arrivals and early departures detract from our ability to orient new participants and schedule working service hours, we ask that all participants commit to completing the entire program. For shorter stays, participants can arrange a Personal Retreat with work options through the Programs Office, which can be contacted via e-mail at programs@mountmadonna.org or by phone at (408) 846 4064.

Yoga, Service and Community Program Details

The YSC program involves a commitment of 30 hours per week. These hours consist of 24 hours of work/service, approximately 4 hours in YSC weekly meetings, and 2 hours of instruction in yoga philosophy, pranayama, and meditation.

Work service:

YSC I work/service hours are generally spread over 6 days, with one full weekday and the greater part of Wednesday (from 12:30 on) unscheduled. Individuals generally serve the basic needs of our community livelihood, and because kitchen, housekeeping, and event set-up comprise a large part of running our retreat and conference center, these make up the majority of YSC service hours.

If the community is well staffed, then some hours may be given in other areas, although this cannot be guaranteed. These areas may include:

- ❖ Gardening or Landscaping
- ❖ Building Maintenance, Campgrounds, General Grounds Maintenance, and Recycling
- ❖ Flower Arranging, Tea Service, and Clerical or Computer Work

Program meetings and classes:

These consist of:

- ❖ A weekly check-in circle held on Thursday evenings.
- ❖ A theme class/discussion in the areas of yoga and meditation philosophy, selfless service as a form of self-development, exploring intentional community, or personal transformation. These are held on Tuesdays.
- ❖ A twice-weekly one-hour class on basic pranayama and meditation techniques as taught in our tradition. These are held on Tuesday and Thursday mornings from 7:30 to 8:30 am.

Additional optional classes and activities:

- ❖ Yoga classes (Spiritual Practice): Daily classes are offered in the morning and some afternoons or evenings and include instruction on purifications, pranayama (breathing exercises), meditation and asana (postures). Classes are taught by Center staff.
- ❖ Philosophy classes and discussions
- ❖ Special group gatherings and rituals

YSC Fees and Application

- The fee for the YSC I program is **\$975** for the entire session (twelve weeks).
- A **deposit of \$250** (US funds; check or money order) is to be sent in with your application. The deposit will not be cashed until you are accepted to the program. In the event that you are not accepted, we can either return or destroy your check according to your wishes.
- We must **receive** applications **with deposits** by mail **no later than 28 days (four weeks) before the starting date of the YSC session to which you are applying.** Please see the application deadlines in the list of session dates above.

After receiving an application with a deposit, you will be contacted for an *interview*. This may take place on the phone or in an on-site meeting if you live locally.

Financial Assistance: Some Financial Assistance may be available for each YSC session for those willing to do some additional work/service. Please indicate your interest on your application in the place marked, "Other Financial Information". You can then discuss this with the YSC Coordinator in your subsequent interview. There is no separate Financial Assistance form at this time.

Cancellation Policy: If you cancel at least **four weeks** prior to the starting date of your program, there is a cancellation fee of \$100; the remainder of your deposit will be refunded. If you cancel *less than four weeks* prior to the starting date, **your entire deposit is forfeited**. Because housing and scheduling are complex issues in a community, we ask that you inform us as early as possible about an unavoidable cancellation.

In addition, because an orientation process begins your program, we ask that participants commit to be here on the starting date. Commitment to the full program (start to finish dates) is required from all YSC participants. If you are accepted to the Yoga, Service and Community Program, you will be sent a confirmation letter which will tell you when to arrive and what you will need to bring for your stay here.

Mount Madonna Center

Mount Madonna Center is an educational center involved in three main activities: a conference and retreat center, a children's school, and a residential community. People are drawn to community living in order to explore, discover, and fulfill common goals. Our teacher, Baba Hari Das, has said, "The main aim of life is to attain peace. At the Land (Mount Madonna Center) we are doing various things, but underneath it, there is our main aim." Despite the variety of different methods and approaches to yoga and spirituality, community life here at Mt. Madonna provides a supportive environment for those who share this aspiration of peace.

Community Life: Spirituality and Practice

Our community is unified by a spiritual aim and a practice of Ashtanga Yoga, a classical system of yoga with eight parts or "limbs," as taught by our teacher, Baba Hari Dass, affectionately referred to as Babaji. Daily spiritual practice combined with an intention of selfless action, or Karma Yoga, are two of the main ways in which we strive to manifest our aim. For many core members of the community, Babaji is both a beloved guide and a friend, but this is not true of all members, and is certainly not a requirement. He is the inspiration of our community. Babaji does not reside at the Center, but comes to the Center three times a week when he is not traveling.

In our retreat and conference center, workshops and seminars are offered in many different traditions, adding to the richness of spiritual life here. As we aspire to attain peace through our own spiritual practices, we also attempt to create a calm, healing and peaceful environment for our guests to engage in their own spiritual development.

The Spirit of Karma Yoga and our Livelihood

Babaji has written,

"The path of Karma Yoga or selfless service develops equanimity of the mind. It always purifies the mind by weakening selfish desires, attachment and ego. So a Karma Yogi's effort will never be a waste of time and energy...by its regular practice, one can attain liberation."

The Center is the setting for our practice of Karma Yoga, or the Yoga of Selfless Action. Our work becomes spiritually meaningful when it is chosen with this attitude of service. Karma Yoga is the ideal toward which we strive in carrying out the main endeavors at the Center. One of these offerings is running a retreat and conference center. The Center sponsors programs, and groups also rent our facilities. These workshops are in all areas of personal, creative and spiritual growth.

People who come to live at the Center serve in helping with the basic needs of the retreat and conference center. This offering is our source of livelihood. In addition, it is the main avenue through which our service is expressed: providing program spaces, meals, sleeping quarters, and hospitality to those attending programs.

Mount Madonna Center Facilities

Mount Madonna Center for the Creative Arts and Sciences is located on 355 acres of redwood forest and grassland overlooking all of Monterey Bay. It has beautiful views, many hiking trails, volleyball, tennis and basketball courts, a large gymnasium, a Wellness Center, a small lake for swimming, and a hot tub. We have two shops: Oceanview Book and Gift, and Ayurveda World, and a cafe: Anjaneya's World Cafe. Areas for reflection and meditation include a temple dedicated to Hanuman, ceremonial sites, fountains, and ponds. The Center serves vegetarian meals, which include vegan options. Our large garden grows vegetables, herbs and flowers. Some Center computers are available for Internet access; guests and participants are also welcome to bring laptops to use in designated locations with access to the Internet.

You are welcome to visit us. You may arrange to come for a Personal Retreat through our Programs Office, or visit on a day-use basis. If you are considering applying to the Yoga, Service and Community Program and live locally, we encourage you to visit. It can be very helpful to experience first-hand what we are about, see the facilities and grounds, and explore what we offer.

Frequently Asked Questions:

Mount Madonna Center and the Yoga, Service and Community Program

❖ What kind of community is Mount Madonna Center?

Mount Madonna Center (“MMC” or “the Center”) is a residential community founded on the principles and practices of Ashtanga Yoga (a classical system consisting of eight “limbs”). The Center offers conference and retreat facilities where various programs on self-development and spiritual practices are presented.

Although the Center has a foundation of spiritual life, the outer environment is like an intentional village or community setting. In this way, it is not strictly an “ashram”, but rather a center where people come to live and work in a spirit of selfless service or karma yoga.

❖ Can you describe the residential community at Mount Madonna?

The Mount Madonna community consists of about 80-100 people. This number is made up of about 70 long-standing residents and around 20-30 people in rotating programs. Our residents include single people, couples, elders, monks, nuns, and families. A core staff provides continuity and guidance for the community, while YSC and other program participants continually bring fresh insights and enthusiasm.

In addition to the residential community, Mount Madonna houses a conference center and a private school. So, depending upon the number of program participants at any given time and the occasional school event, the Center may grow to over 300 people.

❖ Is Mount Madonna Center a restful or healing environment?

Mt. Madonna Center is a rich and multifaceted place for learning about oneself within a community environment. However, the Center is not a place for rehabilitation or recovery and is not the right environment for those seeking a therapeutic or rehabilitative program.

The endeavors of our community keep us very busy, and they require enthusiasm and hard work from our resident staff. While both living and working together offer many opportunities for personal growth and enrichment, the active life of our community can also be intense and challenging at times. For this reason, we ask that all YSC participants be able to meet the work service requirement while creating a respectful and healthy connection with members of the community.

❖ I'm curious about what living in a spiritual community will mean in practical terms. What type of yoga do residents practice, and do they practice together every day? What if I have no experience with yoga or am out of shape?

In the West, the term “yoga” has become almost synonymous with the practice of asana, or postures. In our community, we identify with Yoga in its original, broader sense, and understand it as a complete philosophy which informs our way of life. The community is based upon the classical system of Ashtanga yoga, and in this system, asana is just one of eight aspects, or “limbs,” of the practice. Yoga classes are offered at least once a day. As a part of the program commitment for YSC I, participants are asked to attend an in-depth class twice a week which covers the foundations of Ashtanga yoga as taught by Baba Hari Das. Because the YSC program is geared to teach the principles of yoga, there is no need for exceptional physical skill or prior knowledge of yoga. Nonetheless, those with more experience with yoga will have the opportunity to deepen their understanding and practice.

Visitors are sometimes surprised to find that the long-term community does not practice asana as a group daily. Traditionally, sadhana, or spiritual practice, is considered a personal matter, and value is placed upon taking responsibility for one’s own practice. For this reason, everyday practice at the Center is more individual. After learning several methods, community members generally choose a sadhana that suits their own nature and then practice privately. Group practice and study do, however, provide support for one’s personal path, and so there are opportunities for community members to come together to study spiritual teachings and practice as a group. (See “What are some of the ongoing weekly activities?”) These activities, as well as seasonal yoga retreats, special celebrations, and daily rituals are important times to reaffirm our common aim.

❖ ***What can I expect the YSC program schedule to look like?***

YSC participants commit to a weekly work service schedule of 24 hours, plus 4 hours of group meetings, and 2 hours of instruction in yoga philosophy, pranayama and meditation, for a total of 30 hours per week. Daily schedules vary, but a typical day may look something like this:

Morning: Yoga sadhana class (breathing practices, meditation, and postures) offered each day before breakfast. On Tuesdays and Thursdays, all YSC I participants are asked to attend an introductory class from 7:30-8:30 am on some of the basic pranayama and meditation techniques that Baba Hari Das has taught the community.

Morning and daytime: work service shifts average 4-6 hours a day (with a break at lunchtime) and may include shifts in the following areas: recycling, kitchen, housekeeping, dish room, garden, dining room, and landscaping. YSC members also attend a check-in circle once a week.

Evening: Dinner, theme discussions, special events, or free time.

❖ ***What are some of the ongoing weekly activities?***

YSC participants are able to join in the following activities that do not overlap with scheduled work/service duties:

Yoga Philosophy: Offered Tuesdays from 9:00am – 10:30 am; a class in various aspects of Yogic philosophy. The class is lead by Baba Hari Das and his senior students.

Yoga Sadhana (spiritual practice): Daily classes are offered in the morning and some afternoons or evenings and include instruction on purifications, pranayama (breathing exercises), meditation and asana (postures). On Tuesday and Thursday mornings, YSC participants are asked to attend a one hour class on the basic practices of our tradition. Classes are taught by Center staff.

Arati: A devotional ritual offered daily at sunrise and sunset at our temple, Sankat Mochan Hanuman Mandir.

Community Activities: YSC participants are encouraged to join our occasional fun nights, theme dinners, open mic nights, special meditation/discussion groups, or the weekly knitting circle. Although not weekly activities, YSC participants are also invited to participate in seasonal 4-day Yoga retreats as well as residents' Community Retreats and projects. Creativity in organizing community events is welcomed.

❖ ***In what kind of work service are YSC participants placed? What skills are learned?***

As much as possible, YSC participants are assigned to a variety of different areas in an effort to familiarize them with the broad range of the Center's activities. However, work in the kitchen, on the housekeeping staff, and in event set-up usually comprises the majority of work service hours in YSC I. According to staffing needs and the skills of individual participants, one may also work in maintenance, landscaping, flower arranging, or the garden.

YSC participants often learn a number of general, practical skills in the areas in which they work. Participants also encounter many opportunities to improve interpersonal communication skills, problem-solving abilities, and their overall sense of self-awareness and well-being. More specialized training is available over time if and when participants accept leadership positions within our staff.

❖ ***What about staying on after YSC I? How would one become a longer term resident of the community?***

After the completion of YSC I, a person may apply to extend his or her commitment for another session, into the YSC II program. At the conclusion of these two sessions, a person may then apply to participate in the Yoga, Service, and Leadership (YSL) program. The YSL program covers the remainder of the first year of

residency, and offers the opportunity for deeper engagement and greater responsibility within the community. During YSL, residency is discussed on an individual basis, with the consideration of various factors. Some of these factors include: aspiring to live with an aim of service, sharing the common values of the community, as well as being able to work positively with others and to take responsibility for the offerings of the Center. Other practical considerations include the ability to support oneself financially and the availability of housing and work/service positions.

❖ ***Can my skills and experience be applied to the projects at the Center?***

Integrating the gifts and talents of individuals within the scope of the Center's ongoing needs and responsibilities is a continuing exploration at MMC. Generally, YSC participants support the daily needs of the community and retreat facility. In the second segment of YSC and continued residency programs, participants may contribute in more diverse ways, in addition to the general needs.

❖ ***Are there opportunities for earning money during YSC?***

All participants in the YSC program should be prepared to cover their program fees, as well as any other incidentals or recreational spending during their three-month stay. It is possible to earn *some* pocket money during this time, usually by picking up a paid shift during busy programs or by covering a shift for another YSC participant. However, these opportunities are not guaranteed, nor are they consistent. These options are available only to those legally able to work in the U.S. and only if they do not conflict with the YSC program commitment.

If an individual is accepted for residency beyond the YSC program, the question of financial livelihood becomes very important. Due to the Center's limited financial resources, there is no guarantee of financial support for residents. Therefore, it is often necessary to balance one's needs with the very limited scope of income-earning at the Center, or to secure off-land employment during unscheduled time.

❖ ***I've heard you have a children's school. What about working or doing service for the school?***

Mount Madonna School (MMS) is a private, non-denominational, fully accredited school with an emphasis on college preparatory academics, creative self-expression and positive character development. Approximately 200 children from the greater Santa Cruz community attend the K-12 school. Although we share our property and some of the facilities, the school is run separately. Because the school hires its staff for a full school year, it is not possible for YSC to do their service for the school.

❖ ***Can the workshops and seminars in the brochure be taken as part of the YSC program?***

The workshops and seminars offered through the Center are not available as part of the YSC I and II programs. If a person is accepted to community residency beyond the YSC II program, some discounted workshops and programs may be available under certain circumstances.

Yoga, Service and Community is considered a Center program in its own right, and in this sense, we discourage YSC participants from simultaneously taking other programs. YSC has been designed to give many opportunities for self-development in a supportive environment. The weekly check-ins and theme discussions included as part of the YSC program offer chances to explore the spiritual aims of our community, as do interactions with other YSC participants and other community residents, many of whom are long-time students of yoga. In addition, YSC participants have the opportunity to learn pranayama, meditation, and asana practices in the classes offered daily by Center staff.

❖ ***I have a young child. Can I participate in YSC with her?***

Unfortunately, the YSC program cannot accommodate families or young children at this time, due mostly to a lack of appropriate family housing. Also, the Center cannot provide childcare while parents are working or attending weekly meetings, making it very difficult for them to fulfill their basic program commitments.

❖ ***What does a commitment to this program involve?***

Those who have dedicated themselves to shaping and building this community care deeply about creating an environment of respect for spiritual disciplines and a commitment to the values of yoga. With this intention, Mt.

Madonna Center has guidelines and rules based on maintaining a safe and healthy environment. These involve committing to complete one's work service assignment, to refrain from any harmful behavior toward oneself or others, to observe a vegetarian diet while at the Center, to abstain from using alcohol or illegal substances on Center property, to strive to maintain a positive attitude, and to observe relationships based on mutual respect.

These guidelines support the community's values of clarity, mindfulness, and non-harming, which provide the foundation of spiritual life here at the Center. Everyone living in this community is encouraged to look honestly at themselves—at both the positive gifts they have to share as well as the areas in which they still need to develop and become more conscious.

If you decide to apply to the Yoga, Service and Community program and are accepted, please come ready to commit yourself to these guidelines, the program, and the community.

❖ ***Who should apply to the Yoga, Service and Community program?***

Those whose own ideals align with the concepts of spirituality and service, and can see the basic aspects of service as part of a larger goal, often find much to learn in our community. If the concept of cooperating together in a daily life based on these ideals appeals to you, we believe you will find a rich experience here. And as is true with any new venture, if one can take responsibility for his or her own experience with an open mind and a flexible outlook, this program is more likely to be a rewarding one.

If you have further questions, need any other assistance, or you would simply like to speak with someone personally, please do not hesitate to contact us. To contact us by Voicemail, please use Box #370, at the Center's main number: (408) 847-0406. This mailbox is checked about every other day. Or, you can send an email to: ysc@mountmadonna.org.

An application for the Yoga, Service, and Community program follows. We look forward to hearing from you!



YOGA, SERVICE, COMMUNITY
YSC I APPLICATION

(Please print clearly with black or blue ink. Please fill in all the blanks.) TODAY'S DATE

LAST NAME FIRST MIDDLE INITIAL

PREFERRED NAME GENDER DATE OF BIRTH Age

FULL DATES OF PROGRAM FOR WHICH YOU ARE APPLYING

DEPOSIT ENCLOSED \$250 BALANCE (due on first day) \$725 TOTAL \$975

OTHER FINANCIAL INFORMATION

MAILING ADDRESS

PERMANENT ADDRESS

EMAIL ADDRESS

TELEPHONE CELL PHONE

PREFERRED METHOD OF CONTACT EMAIL TELEPHONE CELL PHONE

PREFERRED WORK AREAS - Event set-up, kitchen and cleaning will comprise the majority of your work hours. If the center is well staffed, we MAY be able to place you in other specific areas of your choice for some of your hours. Please tell us your preferences in participating in varied areas of work.

GARDENING RECYCLING/MATERIALS MGMT KITCHEN EVENT SET-UP
LANDSCAPING MAINTENANCE CAMPGROUNDS (seasonal)

PLEASE GIVE TWO REFERENCES WE CAN CONTACT, OTHER THAN FAMILY MEMBERS

1 - PERSONAL REFERENCE PHONE

EMAIL RELATIONSHIP

2 - WORK REFERENCE PHONE

EMAIL RELATIONSHIP

EMERGENCY CONTACT PHONE

CELL WORK EMAIL

ADDRESS RELATIONSHIP

HAVE YOU SPENT TIME AT MMC? PLEASE TELL US THE DATES AND CONTEXT IN WHICH YOU WERE HERE?

Empty rectangular box for response to MMC question.

HOW DID YOU HEAR ABOUT THE CENTER? Ad Article In which publication

Yoga, Service and Community Program participant Word of mouth Other

(In the following, please add more paper if needed.)

PLEASE TELL US YOUR INTERESTS, AIMS, AND ANY EXPECTATIONS REGARDING THE YSC I PROGRAM AND YOUR STAY AT MOUNT MADONNA CENTER.

Here are some possible topics which could be included. These are suggestions only; please answer as you like.

- ~ What appeals to you about a program like this?
- ~ What do you wish to experience here?
- ~ What do you think may be the challenges and opportunities?
- ~ How do you feel about living in a community?

PERSONAL INFORMATION:

PLEASE WRITE A SHORT SUMMARY OF YOUR BACKGROUND, ABILITIES AND GENERAL INTERESTS.

WHAT SKILLS, TRAINING AND EXPERIENCE DO YOU HAVE WHICH MIGHT BE USEFUL TO CENTER NEEDS?

CAN YOU SAFELY AND COMFORTABLY DO WORK WHICH INCLUDES PHYSICALLY DEMANDING ACTIVITY SUCH AS LIFTING, CARRYING, SQUATTING, ETC., EITHER WITH OR WITHOUT REASONABLE ACCOMMODATION?

YES ____ NO ____ If no, please explain.

____ Please check if you would rather discuss this in a personal meeting or telephone call.

CAN YOU SAFELY AND COMFORTABLY WORK WITH VARIOUS CLEANING COMPOUNDS, EITHER WITH OR WITHOUT REASONABLE ACCOMMODATION?

YES ____ NO ____ If no, please explain.

____ Please check if you would rather discuss this in a personal meeting or telephone call.

Signing below acknowledges that you have read the information packet and understand the guidelines and structure of the YOGA, SERVICE AND COMMUNITY Program. It also signifies a commitment to abide by these guidelines should you be accepted into the program, and that all the information provided to Mount Madonna Center in this application is true and correct.

Please print full legal name _____

Signature and date _____

Please enclose a DEPOSIT OF \$250 (US funds, check, or money order to Mount Madonna Center). Also include the DRIVER INFORMATION AUTHORIZATION form and a PHOTOCOPY OF YOUR CURRENT DRIVER'S LICENSE. Please notate on the license copy THE FIRST YEAR YOU HAD A LICENSE for our insurance agent.

The program cancellation and refund policy is stated in the YSC literature. YOU WILL BE CONTACTED FOR AN INTERVIEW AFTER WE RECEIVE YOUR APPLICATION.

PLEASE NOTE: WE ACCEPT APPLICATIONS ON A ROLLING BASIS AND WE GENERALLY RECEIVE MORE APPLICATIONS EACH SESSION THAN WE CAN ACCOMMODATE. PLEASE DO NOT ASSUME THAT YOUR APPLICATION WILL BE ACCEPTED FOR THE SESSION TO WHICH YOU APPLY.

Mail all application materials, including deposit, to:

MOUNT MADONNA CENTER
SERVICE AND LEARNING TEAM
445 SUMMIT RD.
WATSONVILLE, CA 95076

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Mount Madonna Center, 445 Summit Rd., Watsonville, CA 95076 – (408)847-0406 Ext. 368

Driver Information Authorization

This authorization is required by Thoits Insurance Service, Inc. to be kept on file at Mount Madonna Center. It needs to be renewed yearly if you drive an MMC vehicle or your own private vehicle for MMC work. Thank you for your considerate participation.

Please print clearly with black or dark blue ink. Please fill in all the spaces.

Last name _____ First _____

Other first name used _____

License state _____ License number _____

Expiration Date _____ Birth date _____

Date issued _____ First year you had a license _____

Age _____ If you are under 25 you are not permitted to drive MMC passenger vans or buses.

Account Code: MMC Account Name: Mount Madonna Center

By signing this authorization form, you are giving authorization to Thoits Insurance Service, Inc. to obtain personal and commercial driving information about yourself (Motor Vehicle Report). You are authorizing Thoits Insurance to discuss this information with your Employer and Insurance Company.

Type of Report Being Ordered: Motor Vehicle Report
Information Obtained from: Department of Motor Vehicles through Insurance Information Exchange (IIX)
3001 Earl Rudder Freeway S
College Station, TX 77845
1-800-683-8553

Purpose and Nature of Information: Disclose, identify or confirm your motor vehicle driving record

Requesting Authorization: Thoits Insurance Service, Inc.

It is possible that adverse information can be received from your MVR, information that could preclude you from driving for Mount Madonna Center. You have the right to contact Insurance Information Exchange (address above) and receive a copy of your MVR within 60 days of this notice.

I authorize Thoits Insurance Service, Inc. to obtain the above information.

Please sign: _____ Date: _____