



# SANGHA SHANTIVANAM ANNUAL FALL RETREAT

with Father Cyprian Consiglio, O.S.B. Cam.

**Saturday, September 7, 2013**

at Mt. Madonna Center and School in Watsonville

\$35 ( payable to Sangha Shantivanam), includes brunch and all the day's activities,  
+ any private donation you'd care to offer to Father Cyprian and the Hermitage.  
Partial scholarships are available ~ just ask.

## PLEASE REGISTER BY SEPTEMBER 1

(Mt Madonna Center needs to know how many of us plan to take the yoga class)  
and **PLEASE CARPOOL** ~ email Radha for help

Bring a yoga mat or blanket, a snack for afternoon tea time, and perhaps your favorite sit-upon.

**Our schedule:** (Join us for any or all of our day's activities)

6:30 Arati, outside at the Hanuman Temple ( It may be cold early in the morning! )  
Across from the Center's Main Bldg. Chanting and waving the light to honor the Monkey God.

7:30 - 9:30 Hatha Yoga (we'll read on the door of the Center's Main Bldg where our class will be.)  
Offered by students of Baba Hari Dass.

10 - 10:45 Brunch in the Center's Main Bldg. Always vegetarian, with vegan options.

10:45 - 11:30 Pausing at the big swing to enjoy a pleasant "lift," we'll walk together  
from the Center's Main Bldg to the School, where our retreat will continue.

11:30 - 12 Opening chants and readings

12 - 1:30 Conference with Father Cyprian

1:30 - 2 Tea Time

2 - 3:30 Conference with Father Cyprian

3:30 - 4 Meditation, closing chants and prayers

4 - 4:30 (or longer if you want to stay) Karma Yoga: help clean the room, and other tasks

## Directions to the retreat:

- Take Highway 1 south from Santa Cruz, to the Airport Boulevard exit (exit 427) in Watsonville. From downtown Santa Cruz it's about 15 miles.
- Turn left (cross the freeway) at the top of the off-ramp.
- Go approximately 3.6 miles on Airport Boulevard (which will change its name to Holohan Road when it crosses Green Valley), and continue until you reach Highway 152. Turn left (East) onto Highway 152. Go 6.3 miles.
- Just past the Mount Madonna Inn, at the top of the mountain, turn left into Mount Madonna County Park (Pole Line Road).
- Follow the yellow line through the park (2.2 miles). Do not pay the park entrance fee.
- When you come to the stop sign at the end of the park, continue straight ahead on Summit Road for 1.6 miles. (Pole Line Road becomes Summit Road).
- The Center is on the left at 445 Summit Road.
- The School entrance is the next left off Summit, if you're arriving after 11 a.m.

more info? and to register: Radha 831 427-3211 or email [radha@cruzio.com](mailto:radha@cruzio.com)