



2022 Eldorado Mountain Yoga Ashram Residency Program

Eldorado Mountain Yoga Ashram offers the special opportunity to immerse oneself into the yogic lifestyle by taking part in our residency program.

Residency in our yogic community primarily means following a weekly schedule of chanting, meditation, seva (selfless service), philosophy programs, and community meals. Refer to our *Weekly Schedule*.

*“The ashram doors are open to all,
but everyone must observe its rules and discipline.”*

- Swami Muktananda

All residents should have:

- A strong interest in the yogic lifestyle: morning chanting and meditation, philosophy and discussion; learning the principles of yoga beyond the physical asanas; applying themselves to their spiritual practice and growth
- An understanding of spiritual work using the principle “effort over time equals growth”
- Willingness and flexibility to perform work tasks as assigned by the ashram managers
- An ability to meet community standards of punctuality, cleanliness, and respect for not only the deities and lineage teachers, but also respect for each other and oneself

Community guidelines:

- Follow the weekly schedule unless exceptions have been negotiated by ashram managers
- Commit to one day of seva (selfless service) per week
- No use of alcohol or drugs
- All meals cooked in the main kitchen are vegetarian

Seva/Work responsibilities include:

- Cooking
- Cleaning and housekeeping
- Garden and landscape work
- General maintenance (painting, etc.)



Your residency includes:

- Participation in all programs, i.e., kirtan and meditation programs, morning Guru Gita practice, weekly philosophy talks, and meditation intensives both at Eldorado Ashram and Shoshoni Yoga Retreat
- Meals: breakfast is prepared and eaten communally; lunch and dinner are on-your-own but ingredients are provided
- All utilities and laundry costs

Next steps:

- Please complete the Residency Application and email it to us!
office@eldoradoyoga.org

Cost:

- We have a two-week trial period to ensure it's a good fit for the resident and community
- The fee for new residents is \$800 per month which covers housing, food, utilities, and teaching programs. The monthly fee is due on the 1st of the month.

More about the Ashram:

Eldorado Mountain Yoga Ashram is a center of the ShambhavAnanda School of Yoga. The ashram is a reservoir of spiritual energy where you can deeply nourish your body, mind and spirit.

Our purpose is to assist people in understanding and experiencing their true nature through the practice of yoga and meditation. Also called the Inner Self, this true nature takes many different forms.

At Eldorado, we offer weekly yoga and meditation classes. Seasonally, we run comprehensive hatha and meditation teacher training programs. We are home to a few dedicated yogis who practice and study while working to maintain the ashram. We are also a family center with activities for children including our Yoga Kids' Camp.

We are part of *SGRY* (Sri Gurudev Rudrananda Yoga Ashram), a charitable non-profit organization encompassing many centers and schools around the world. Our two other main centers are Shoshoni Yoga Retreat in Rollinsville, Colorado and Konalani Yoga Ashram in Kailua-Kona, Hawaii. Each center has its own flavor and expression but our mission is the same - to preserve and advance the teachings of our yoga lineage and to make these teachings available in a contemporary way to all who are interested.