



Dear Friend,

Enclosed you will find important information about the Mindfulness-Based Stress Reduction Professional Training being held at the Mount Madonna Center in Watsonville, California.

Omega is pleased to be able to offer this program at the Mount Madonna Center for the Creative Arts and Sciences, a community designed to nurture the creative arts and health sciences within a context of spiritual growth. The center is inspired by Baba Hari Dass and is sponsored by the Hanuman Fellowship, a group whose talents and interests are unified by the common practice of yoga.

Located on 355 mountaintop acres of redwood forests and grasslands overlooking Monterey Bay, the center offers a supportive community atmosphere for relaxation, reflection, and a wide variety of learning experiences.

Arrival

Registration is from 2:00 p.m.– 5:00 p.m. on Sunday, March 1, 2009. You will receive your housing assignment when you check in. Your workshop begins on Sunday evening.

Travel

The Mount Madonna Center is located in Northern California, approximately 2 hours driving time south of San Francisco.

By Car

Please note: Mount Madonna advises you to follow the directions provided below rather than using Yahoo, MapQuest, or GPS.

From Highway 1: the Coast: Take Highway 1 to Watsonville, Airport Blvd exit. Go approximately 3 miles on Airport Blvd, then turn left onto Highway 152 East. At the top of the mountain, turn left into Mount Madonna County Park (Pole Line Road). (*continue below)

From Highway 101: Inland: Take Highway 152 West at Gilroy. Go approximately 10 miles through Gilroy (there are several turns; follow signs for 152 West) and go up the mountain. At the top of the mountain take a very sharp right into Mount Madonna County Park (Pole Line Road). (*continue below)

*Continue on the main road until you come to a stop sign near a very large tree. Go straight at the stop sign; at this point Pole Line Road turns into Summit Road, and you have left the park. Begin looking for signs for the Mount Madonna Center on your left. The center is 1-1/2 miles after the park on the left (445 Summit Road).

By Air

From the San Francisco Airport–The Mount Madonna Center is 2 hours from the San Francisco airport. To get from the airport to the Center:

- Greyhound bus service to either Watsonville or Gilroy. Taxi from here to Mount Madonna. Watsonville and Gilroy are 12 miles (25 minutes) from Mount Madonna.
- The San Francisco airport also offers shuttles to the San José airport, from which there are several options for getting to Mount Madonna.

From the San José Airport–The Mount Madonna Center is 1-1/2 hours from the San José airport. There are several options for getting to Mount Madonna from the San José airport:

- Omega's shuttle service; please call Omega Reservations 800.944.1001 for details.
- Greyhound bus service to either Watsonville or Gilroy. Taxi from here to Mount Madonna. Watsonville and Gilroy are 12 miles (25 minutes) from Mount Madonna.
- Atlas Express, 888.467.0000, or Silicon Valley Airporter, 800.400.2365, can provide door-to-door transportation.
- Mount Madonna Center drivers may also be available at a lower cost than a taxi. If you would like information, call the Mount Madonna Center at 408.847.4012.

What to bring

It is important that you bring the following:

- Towels (Mount Madonna does not provide towels)
- Flashlight
- Alarm clock
- Toiletries
- Warm comfortable clothing (for cool nights and mornings)
- Shoes (for a rural setting)
- Slippers for indoors (shoes are left in lobbies)
- Wet weather gear
- Bathing suit (for hot tub)
- Meditation cushion

Meals

All meals are vegetarian. No meat, fish, poultry, or eggs are permitted on Mount Madonna property. No food may be brought to the center. To be assured of a complete fresh hot meal, guests must arrive within the first half hour of mealtime. Please check onsite for meal schedule.

Sample Meal Schedule

Monday–Friday	Saturday	Sunday
Breakfast 8:15–9:15 a.m.	Brunch 10:00–11:00 a.m.	Breakfast 8:30–9:30 a.m.
Lunch 12:30–1:30 p.m.	Snack 1:00 – 1:30 p.m.	Lunch 12:30-1:30 p.m.
Dinner* 5:00–6:00 p.m.	Dinner 5:00 – 6:00 p.m.	Dinner 5:00–6:00 p.m.

*Friday dinner is served 5:30–6:30 p.m.

Weather

The weather can be quite variable during this time of the year, so bring a variety of clothing including items for wet weather. Nights can be cool; it can get to around 40 degrees and days can be in the high 70s.

Massage

Mount Madonna's Kaya Kalpa Wellness Center offers bodywork services by appointment. A one-hour massage is \$85 and a Swedana treatment (an ayurvedic massage treatment) is \$110. For more information, please call 408.847.3276 and leave a voicemail message.

Mount Madonna Rules

1. Quiet hours are observed from 9:00 p.m.- 8:00 a.m. Activities may continue during quiet hours as long as they proceed quietly.
2. Meat, fish, poultry, or eggs are not permitted on the property.
3. Nudity is not permitted where visible to the public. Bathing suits are required in hot tub.
4. Pets, illegal drugs, and alcohol are not allowed on the property. Smoking is allowed only in the courtyard of the Conference Center.
5. No adjustments will be made for missed meals or missed days.
6. Food may not be brought to Mount Madonna.

Check Out

Rooms must be vacated, no later than 1:00 p.m. on Sunday, March 8, 2009.

Payment

Payment for programs at Mount Madonna is due in full upon registration.

Cancellation & Refund Policies

Refunds, less a \$100 processing fee, apply to both tuition and housing and are available only if you give notice of cancellation at least 45 days before the beginning of the program or January 15, 2009. If you cancel less than 45 days before the program begins, do not show up, or leave early, all fees are nonrefundable.

If you have any questions about payments, reservations, cancellations, CEs, or housing options, please call Omega Registration; do not call Mount Madonna.

Contact Information

Omega Registration

800.944.1001

fax: 845.266.3769

Monday - Thursday 9:00 a.m.– 5:00 p.m. EST

Friday 10:00 a.m.– 5:00 p.m. EST

Mount Madonna Center

408.847.4012

Monday, Wednesday & Thursday 9:00 a.m.– 5:00 p.m. PST

Tuesday 10:30 a.m.– 5:00 p.m. PST

Friday 9:00 a.m.– 6:00 p.m. PST