

Sunburst Karma Yoga Program

Selfless Service • Spiritual Practice • Supportive Community

Program Purpose

Sunburst's mission is to realize who you truly are, and the power we can generate to create heaven on earth through spiritual practice, supportive community, and selfless service. Karma yoga, the path of "action," of putting in 100% effort, without being attached to the outcome, is an integral part of Sunburst's spiritual path.

Sunburst's Karma Yoga Program offers participants (karma yogis) the opportunity to experience the joys of selfless service, group meditation, and spiritual camaraderie while staying for a specified duration in this cooperative spiritual community. Goals of the program include developing a strong daily meditation practice, and experiencing the power of selfless service and group meditation.

Dates

Various dates for the Karma Yoga Program may be scheduled on an individual basis throughout the year, depending on Sunburst's needs and availability at the time; contact our office (805.736.6528, contactus@sunburst.org) to coordinate.

Additionally, at times, specific timeframes are identified as being particularly helpful for Sunburst. For the latest schedule of such dates, please contact our office or check online: sunburst.org/karmayoga.

Program Content

Morning group meditations and a half-day of work projects (approximately 4 hours) are included every weekday, and a meditation service is included every Sunday. Work projects may relate to gardening, cleaning, general upkeep, event preparation, event follow-up, and other projects that are needed around the retreat center or elsewhere on the property.

Lodging and camping are offered at a reduced rate, and participants are encouraged to include produce from the community garden in their meals. In addition to garden produce, dried beans and grains are provided for participants' use in making meals.

Two to three times a week, a group activity is scheduled; some examples include a yoga class, dinner with community residents, or guided meditation.

If the dates of your participation coincide with a retreat center event, we interpret your participation in the Karma Yoga Program during those times to mean that you also plan to register for and attend the coinciding event. For event dates and details, please inquire, or check our website: sunburst.org/events.

Prerequisites

Prior to arriving, karma yogis are asked to take Sunburst's free, 7-lesson **Learn To Meditate eCourse**. You can sign up to receive one lesson per week for seven weeks here: sunburst.org/learn-to-meditate. If there are fewer than seven weeks before your arrival, office staff can email you all the lessons at once.

For all Sunburst events, **agreement with our property rules** is also a prerequisite. They are simply:

- No smoking, drugs, tobacco, or alcohol
- No pets
- No open flames (candles, incense, camp stoves, etc.)

Thanks in advance on behalf of wildlife, property, and people!

Program Cost

The suggested donation for the Karma Yoga Program is based on nightly lodging, plus event donations for any coinciding retreat center events (Kriya, Celebrate Life, etc.). For tent or vehicle camping, the nightly donation is \$0 with no hookups, or \$5 with hookups. For a bed in a shared camp cabin, the nightly donation is \$15. Donations for the coinciding events vary widely.

Example: Julian arrives May 23 and departs May 31, staying in a shared camp cabin. Julian's stay includes the May 26-28 Celebrate Life Weekend.

→ The May 26 – 28 Celebrate Life Weekend has an event donation of \$125.

→ Julian is staying 8 nights in a cabin (\$15/night), so the lodging donation is \$120.

→ Julian's total donation will be \$245.

To reserve your space, we ask for a deposit of half the total donation, along with a completed application, including medical questionnaire. The second half can be paid upon arrival. To deposit, please call with credit card info. Applications can be sent to you, and returned, by either mail or e-mail.

Location & Travel

Sunburst Sanctuary is located 30 miles north of Santa Barbara. The nearest town to our property is Lompoc (13 miles) or Buellton (13 miles the other direction). The nearest airport is in Santa Barbara. Please arrange for travel to and from our property, as well as travel to and from the grocery store as often as needed. Bringing a vehicle works well. Taxi and Uber service are sometimes available as well, but not as readily as in a city.

Additional Logistics

If you are staying in a cabin, we provide sheets, pillow, and pillowcase. Please bring warm blankets or a sleeping bag, and towels.

Registered participants will receive a confirmation letter a week or two before the event begins, including driving directions to the property, check-in time, and a list of what to bring.

Please call 805.736.6528 or email ContactUs@Sunburst.org to apply or ask questions!



ContactUs@Sunburst.org * 805.736.6528 * www.Sunburst.org