

# *Ashatya*

## *2 Month or Longer Program Guidelines*

### **Month Students / Volunteer Program**

The Ashatya Volunteer Program is ideal for people who enjoy service, learning and quiet time, who are eager to be a part of a growing project for the betterment of themselves and the world!

Volunteers must be forthright, independent people who have the confidence to ask for what they need and the skills to take care of themselves in a foreign country.

The key to having the best experience in Ashatya (and anywhere else) is to rid yourself of expectations. Flow with change, be flexible and open so that the universe can guide you and give you exactly what you need to learn and grow. Consciously work yourself to let go of expectations before your visit, so you can receive the utmost from your time with us. Also be very clear on the guidelines and be sure this is the experience you want at this point in your life.

### **Student Volunteer Guidelines**

1. Our programs are ongoing and can be scheduled for any dates.
2. In order to receive the utmost from our programs, student volunteers do not leave the Ashatya premises during their stay with us. Please do all desired traveling or sightseeing before your arrival.
3. All student volunteers pay for their personal expenses including food, drinking water etc. Bring a bank card that is accessible in Mexico or Travelers Checks (and a passport). It is difficult to give an exact needed monetary amount as it is so personal. Depending on one's diet, food and water etc. can cost anywhere from \$45 – 80 USD a week.
4. Please book your flight so that you arrive to Mexico City no later than 2 P.M., or plan to stay the night in Mexico City and come to Ashatya the next morning. Ashatya only receives guests after 5 A.M. and before 5 P.M. If you arrive in Ashatya before 8 A.M., our gatekeeper / security guard will welcome you and walk you to your bungalow.
5. Please arrive the day you have agreed to arrive or advise us via email or WhatsApp with advance notice (at least 1 day prior) if there are any changes.
6. Please bring comfortable clothes for Yoga and a Yoga mat. Also pack comfortable walking shoes, house shoes, a bathing suit, a warm sweater, a sun hat, lightweight long pants, shorts and a raincoat with boots and an umbrella

(if visiting between the months of June and October.)

For student volunteers who might work in the garden we also recommend bringing boots, jeans or long working pants and work gloves.

Other useful items: sun block, insect repellent, moisturizing cream or natural oils (Tepoztlán is dry between October and June), a scrub brush (everyone hand washes their own clothes), watch, travel alarm clock, a flashlight and notebooks.

7. We recommend that guests read *Cosmic Reawakening* by Thyera Arian before visiting to better understand the basis of the Ashatya teachings.
8. We strongly suggest that all student volunteers eliminate all flesh foods, sugar, alcohol, cigarettes and drugs at least three months prior to their visit. This precautionary preparation will decrease the possibility of undergoing major detoxification during a visit. We strictly prohibit radical dietary changes and fasting or juice fasting while staying in Ashatya. We believe in transition and moderation as the basis of health.
9. The use of alcohol, drugs, cigarettes and / or being in a state of intoxication are prohibited while staying in Ashatya.

### **Volunteer Contract**

I have read the Student Volunteer guidelines and requirements in their entirety and fully comprehend and agree to abide by them.

I agree to:

- Fulfill my volunteer commitment working in Ashatya starting \_\_\_\_\_ and ending \_\_\_\_\_.
- Attend all Yoga classes and meditations.
- Refrain from radical dietary changes by transitioning my diet before my stay in Ashatya (eliminating or cutting down, meat, sugar, and processed food to a minimum).
- Refrain from fasting (or juice fasting) during my stay.
- Refrain from smoking, drinking alcohol or consuming drugs – being in a state of intoxication.
- Complete my travels before or after my time in Ashatya.
- Work 7 hours a day 6 days a week.
- Arrive at Ashatya before 5 PM on the day of my arrival.
- Arrive the day I have agreed to arrive or to advise Ashatya via email with advance notice (at least the day before).
- Pay for all my personal expenses.
- Be a positive addition to the Ashatya team!

---

NAME

---

SIGNATURE and DATE