

## 2 Week Program

### GUEST GUIDELINES FOR 2 WEEK PROGRAM

1. Our programs are ongoing and can be scheduled for any dates.
2. In order to receive the utmost from our programs, guests do not leave the Ashatya premises during their stay with us. Please do all desired traveling or sightseeing before your arrival.
3. Make sure to bring a bank card that is accessible in Mexico or Travelers Checks (and a passport).
4. Our program includes 3 meals a day, lodging and four private classes.
5. Please book your flight so that you arrive no earlier than 5 AM and no later than 2 PM in Mexico City, or plan to stay the night in Mexico City and come to Ashatya the next morning. Ashatya only receives guests before 5 PM. If you arrive in Ashatya between 5 AM and 8 AM, our gatekeeper/ security guard will walk you to your bungalow.
6. 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.
7. 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 and a raincoat with boots and an umbrella (if visiting between the months of June and October.) The weather is usually quite temperate but it can get very cool in the evenings and hot in the day so pack a variety of clothing.
11. 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.
12. We recommend that guests read *Cosmic Reawakening* by Thyera Arian before visiting to better understand the basis of the Ashatya teachings.
13. We strongly suggest that all guests 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.

14. The use of alcohol, drugs, cigarettes and / or being in a state of intoxication are prohibited while staying in Ashatya.

## *2 Week Program Contract*

*I have read the Guest Guidelines in their entirety, fully comprehend and agree to abide by them.*

*I agree to:*

- *Follow the daily program designed with Ashatya and refrain from traveling or leaving the premises throughout the duration of my stay.*
- *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.*
- *Arrive at Ashatya after 5 A.M. and before 5 P.M. on the day of my arrival (and arrive in Mexico City before 2 PM)*
- *To arrive the day I have agreed to arrive or to advise Ashatya via email with advance notice (at least the day before)*

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NAME

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SIGNATURE and DATE