WELCOME

Welcome to our USA Anusara Teachers Gathering. May you feel connected to our kula as we converge in the Rockies and celebrate community.

EVENT LOCATION

Estes Park Center - YMCA of the Rockies
2515 Tunnel Road
Estes Park, CO 80511

800-777-9622
ymcarockies.org

AIRPORT

Denver International Airport (DIA)
800-247-23336
flydenver.com

TRAVEL LOGISTICS

A stunning 1.5 hour drive from Denver's airport, the route to Estes Park YMCA may include traffic. Please check a traffic app on your phone since I-70 or I-76 from DIA may be congested. If so, consider toll road 470 which costs $9.30. 470 is a straight shot to the Boulder area and traffic-free. Check with your rental car company regarding toll road policies.

Get maps of the area, the YMCA campus, and driving directions.

ESTES PARK SHUTTLE SERVICE

Reserve round-trip, door-to-door shuttle service from DIA with Estes Park Shuttle Service. (970) 586-5151. estesparkshuttle@aol.com
Use the code Samudra Shakti to receive at 10% discount when you call or reserve online.

COORDINATE WITH OTHERS

If you seek rental car buddies or to coordinate with others on Estes Park shuttle times or for a roommate, use our Facebook Event Page.

REGISTRATION + CHECK IN
Sunday, September 15th

2 - 6 p.m.
Registration + Check In
Wind River Lodge lobby
Rooms available at 6 p.m.

3 - 4:30 p.m.
Asana Practice

5 - 6 p.m.
Presenter + Volunteer Meeting
Willome Lodge - meeting room

5 - 7:30 p.m.
Dinner*
Aspen Dining Hall

7 - 9 p.m.
Dance + Song - Teachings on Community from Africa

SAMUDRA SHAKTI
ANUSARA TEACHERS GATHERING USA

Late Check In - 10:00 p.m.
If you anticipate a late arrival, please **email Madhuri Martin** at Madhuri@AnusaraYoga.com to pre-arrange a smooth settling-in.

Unanticipated Late Arrival
If you have an unanticipated late arrival after 10:00pm, please text Madhuri at 303-956-7561.

QUIET HOURS 11 P.M. - 7 A.M.

DEPARTURE DAY
Wednesday, September 18th

7 - 9 a.m.
Breakfast*
Aspen Dining Hall

10 a.m.
YMCA Room Check Out Time
Since we have meditation, group practice, and gathering Wednesday morning, please be prepared to vacate your room early.

7 - 11:15 a.m.
Programming begins at 7 a.m. Our gathering concludes on Wednesday at 11:15 a.m.

WELCOME

MEAL TIMES

Breakfast 7 - 9 a.m.

Lunch 11:30 a.m. - 1:30 p.m.

Dinner 5 - 7:30 p.m.

*Note: A Lodging Ticket provides a 3 nights stay and 8 meals.

Meals begin with Sunday dinner and end with Wednesday breakfast.
Meals in the Aspen Dining Room are all-you-can-eat.

DAILY SCHEDULE

Our event schedule is online. During the event, be sure to check our **event schedule web page** daily for updates.

Throughout our time together in Estes Park, we will be using our **schedule web page** to provide accurate and up-to-date information.

YMCA WiFi

The YMCA has free WiFi on its premises. No password needed. Login via either YMCA guest or YMCA 2015.

The mountains may have spotty cell phone coverage. If you are concerned about your ability to reach family and friends while in the Rockies, please consider an app like **WhatsApp** that allows WiFi phone calls and texting.

ALTITUDE

Estes Park YMCA is at 8,000+ feet above sea level.

To avoid altitude sickness, consider not drinking alcohol at least one week prior to your trip as well as significantly increasing your hydration.

Once you arrive in the Rockies, give your body time to adjust by limiting physical activity for the first 24 hours. Drink plenty of water and apply sunblock often.

Altitude sickness symptoms include dizziness, fatigue, shortness of breath, sleep problems, energy and apetite loss. **Learn more about advanced stages** of altitude sickness and the symptoms.

WHAT TO PACK

CLOTHING

- comfortable yoga wear
- warm outdoor clothing for hiking, biking, and cool mountain evenings
- bathing suit if you wish to use the YMCA pool
- sneakers for outdoor play / hiking

OTHER

- shampoo and all toiletries
- water bottle, sunglasses, hat, sunscreen
- your expansive, enthusiastic heart, sharp mind, and talents to share

There is a coin operated laundry in the lower level of Longhouse Building. Open 24/7.

YOGA PROPS

Please **bring your yoga mat, blankets, strap, and blocks.**

You must bring everything you need for your practice. No mats or props will be provided.

WELCOME

ESTES PARK FUN

The YMCA of the Rockies is an 860-acre property located at the base of Rocky Mountain National Park. The closest town is Estes Park, Colorado.

Enjoy the abundant wildlife and outdoor splendor. Hike directly from your lodging into the Rocky Mountains.

YMCA facilities includes a swimming pool, craft center, basketball and sand volleyball courts, mini-golf, tennis, climbing wall, mountain bike rentals.

Learn more about all the fun things to do in Estes Park.

BOOK ADDITIONAL NIGHTS

Additional nights prior to or after our Teachers Gathering must be booked directly through the YMCA.

Call (800) 613-9622.

The YMCA is aware of our group and will work with us as much as possible to avoid a room switch for anyone who wants to extend their stay.

CANCELLATIONS

If the unexpected happens, you will need to cancel both your Event Ticket and your Lodging Ticket. To arrange for a cancellation, **please email Planning Team Chairperson**, Madhuri Martin.

Lodging Ticket Cancellation Policy
Before 7/10/19 - 2 nights will be refunded.
After 7/10/19 - 1 night will be refunded.
No refunds after September 8, 2019.

Event Ticket Cancellation Policy
Before 7/10/19 - 70% of the Event Ticket price will be refunded.
After 7/10/19 - 40% of the Event Ticket price will be refunded.
No refunds after September 8, 2019.

Early Bird Risk Takers $250 Event Ticket is non-refundable and becomes a donation to our non-profit, global yoga school.

PLANNING TEAM

Madhuri Martin, CO - **Chairperson - email**
Deb Payne, AZ
Kim Friedman, VT
Lisa Long, FL

WELCOME

ESTES PARK CENTER
YMCA of the Rockies
2515 Tunnel Rd.
Estes Park, CO 80511-2550

Phone (970)586-3341
www.ymcarockies.org

Samudra Shakti
USA Anusara Teachers Gathering

www.anusarayoga.com

NOTE: Glacier Basin meeting room is inside Emerald Mtn. Lodge

LEGEND

- 2 Bdrm Basic 2 B
- 2 Bdrm Midsize 2 M

WITH FIREPLACE

- 2 Bedroom w/fireplace 2 F
- 3 Bedroom w/fireplace 3 F
- 3 Bedroom Vac Home 3 V
- 4 Bedroom w/fireplace 4 F
- 4 Bedroom Vac Home 4 V

OTHER

- Meeting Cabin
- Staff
- Private
- Gathering Area
- Parking
- Fire Ring
- Recycle Center
- AED Location
- Paved Road
- Unpaved Road
- Trail

ROCKY MOUNTAIN NATIONAL PARK

PRIVATE PROPERTY

NO TRESPASSING

To Estes Park

HWY 66 (Tunnel Rd.)

To the Summit 0.7 miles See back for Map

Hike Into RMNP

Jackson Stables (Livery)

Sara Smith Outdoor Chapel

Outdoor Chapel Parking

CARING LANE

FRIENDSHIP LANE

Friendship Lodge

Deer

Coyote

Bear

Big Horn

Meadowlark

Meadowview

Rainbow's End

Fellowship

Koinonia

FELLOWSHIP ROCK LN

Agate

Onyx

Mica

Quartz

Crystal

Granite

MINERAL RD.

Maplewood

The Meadows

Meadowdale

Far Away

Aspen

Hummingbird

Silk Chase

Pueblo

Chippewa

Tonkawa

Juniper

Cherokee

Navajo

Fire Station

Vehicle Maintenance

Archery Range

Kathie Mennel Amphitheater

Outpost

OUTPOST LN.

Upper Cook-out

GLACIER CREEK

COOKOUT WAY

Boone Family Mountain Center

Pine Cone Fire Ring

PINECONE WAY

White Pine

Whileaway

Iowa

Shoshone

Anasazi

Arapahoe

Tannenbaum

Pinecone

Comanche

Lakota

Cheyenne

Summit View

Jayhawk

Coram Deo

RESPONSIBILITY DR

Tonohutu

Apache

Kiowa

Lower Hyde

HYDE CIRCLE

Hyde Away

Apple

Mountain Meadow

Mountain Ash

Austin

Cedar

ASSOCIATION DRIVE

Mini Golf

Tennis Court

Stutts Field

Friendship Fire Ring

Jellison Youth Building

Legett Fire Ring

Bennett Children's Building

Joyful

Cameron

Teddy's Teeth

Raton

Willow Creek

North Star

Nokomis

Faithful

Big Bear

Columbarium Legett Legacy Garden

Schlessman Executive Offices

Dorsey Lake

Everhart Family Day Camp Amphitheater

Ghost Rider

The Labyrinth

Purple Finch

Cabin #40

Museum

First Aid

Hempel Auditorium

Volleyball

GaGa Ball

LONGHOUSE WAY

Ptarmigan

Legett Christian Center & Ponder Chapel

Eagle Cliff

Playground

Deer Ridge

Legett Youth Building

Playground

Haiyaha

Centennial

Mootz Family Craft & Design Ctr.

PROGRAM WAY

Pine

Spruce

Pool

Sweet Memorial

Main Fire Ring

Basketball

Horseshoes

Hyde/Dannen Chapels

Coleman

Opa

Oak

Elm

Birch

COLEMAN RD.

FRIENDSHIP LN.

Mt. Ypsilon

ASSOCIATION DR.

Alpen Inn

1-3

4-5

3-4

1-2

Aspen Dining

Ruesch Auditorium

Assembly Hall

Spruce Dining

Pine & Walnut Dining Rooms

ADMIN.

Library

Women's Building

Rainbow

Twin Sisters

Twin Pines

Aloha

Inwood

Crestview

Kerwood

Byenbye

Dick Hall

TX

CO

KS

MO

Gym

NE

AR

OK

Dakota

FERN VOESSA

LONGHOUSE

Laundromat Housekeeping

Dunraven

Mummyview

Dancing Bear

Daleview

Raysview

Overlook

Lupine

Wind River Lodge

Longs Peak Lodge

Rank's Horn Lodge

Skating Rink

Volleyball/ Basketball Court

Playground

Valley View

Eastwood

Pagoda

Conifer

Grace

Shedancra

Epiphany

Thanksgiving

Speargrass

FAITH WAY

Wildwood

Tradition

Glacier Basin

Emerald Mtn. Lodge

Willome

Barclay Lodge

Generations

Dannen

HONESTY PL.

Tabbytowick Sanctuary

RESPECT LANE

Highlander

Timberline

Lanai

Robin's Nest

Bungalow

Twinview

Nokhu

Klenkitaki

Heights

Boulderdash

Hopsings Roost

Bear Claw

Alleluia

Ram's Horn

Sunnypine

RAINBOW DR.

MOUNTAINSIDE DR.

Tundra

0.5 Miles to John Timothy Stone MOUNTAINSIDE Christian Faith and Life Center Beacon Hill, Bambi, Bison, & Bill Huth Overlook Chapel

Nab Camus

Mountainhaven

Vista Grande

SPIRIT LANE

Terra Tomah

Starry Night

Honey Bee

Bluehell

Eagle

Bluebird

Serendipity

Shawnee

Mariposa

Ute

MESA DRIVE

Hague

Howard

Hallets

Paint Shop

Buildings & Grounds UPS Pickup

Staff Cookout

Shaman

Sully

Anekus

Wisawanik

REUNION LANE

Garris

Fairchild

Dream

Mountainview

Columbine

McIntosh

Avalanche

Magic Pines

Green Mountain

Oriole

Wren's Nest

SAMSON CT.

Magpie

Moosquin

Nakayagi

Vespers

Four Sisters

Happy Trails

A Third Way

Serenity

Running Brave

Mountain Majesty

Utopia

Bald Eagle

SNUGGLERS COVE

Gratitude

Reveille

Nachar

Butterfly Net

Ocotillo

Peace

Ranch House

FAMILY LANE

Sanso

DORSEY DR.

Double H

Everhart

Red Rock

Farview

Pumphouse

Ozark

Ouray

Chipeta

Wapiti

Tyndal

Long's Peak

Onahu

LIGHTNING RD.

BODY DR.

Sandstone

Alplily

Holdmore

Horizon

Mansura

Peterson

Longhorn

Mockingbird

Mesa Grande

SCRABBIT WAY

LONGS T RAIL

LuHenDor

Tejas

Bluebonnet

Heather

Harmony

Bittersweet

FLOWER CIRCLE

Isabella Bird

Kum Ba Yah

Wren's Song

Leap of Faith

Sweetbriar

Elk Ridge

Rock Haven

Indian Paintbrush

Golden Eagle

Valdera

Bag End

Blessings

Morning Star

Trails End

Anusara School of Hatha Yoga

Map Not To Scale

2018 - 2019

MGP 5/2018-20M 27th Ed.