



ESTES PARK

2023

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Welcome to Samudra Shakti. Ready for a life-affirming experience?
Here's information to help you plan. [Event Details Webpage](#)

EVENT LOCATION

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

970-586-3341
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 around \$10. 47 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@gmail.com
Use the code Yoga23 to receive at 10% discount when you call or reserve online. <https://www.estesparkshuttle.com/reservations>

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 17th

10 a.m. - 6 p.m.

Registration + Check In
YMCA Administration Building
Rooms available at 6 p.m.

3:30 - 5 p.m.

Asana Practice - Welcome to this Gathering of Hearts in Willome

5 - 5:30 p.m.

Intensive Forum in Willome

5:30 - 6 p.m.

Teaching Team + Volunteer Meeting in Willome

5 - 8 p.m.

Dinner* - Aspen Dining Hall

7:30 - 8:30 p.m.

Sound Bath in Willome



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 20th

7:30 - 8:30 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 - 11:30 a.m.

Programming begins at 7 a.m. Our gathering concludes on Wednesday at 11:30 a.m.

MEAL TIMES

Breakfast 7 - 9 a.m.

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

Dinner 5 - 8 p.m.

*Note: YMCA Lodging purchase provides 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.

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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 YMCAGUEST.

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 appetite 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
- shoes 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, bolster, and blocks.**

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

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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 Samudra Shakti must be booked directly through the YMCA.

Call (800) 777-9622

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 with Anusara Yoga and your Lodging Ticket with the YMCA.

YMCA Lodging Ticket Cancellation Policy

Before 8/16/23 - 75% of your 35% deposit refunded

After 8/16/23 - No refunds of your 35% deposit

After 9/16/23 - You will be charged full 3 night lodging fees

Call YMCA for Lodging Cancellation 800-877-9622

Event Ticket Cancellation Policy

Before 7/10/23 - 70% of Event Ticket price refunded

After 7/10/23 - 40% of Event Ticket price refunded

No refunds after September 8, 2023.

To arrange for an Event Ticket cancellation,

[please email Planning Team Chairperson](#), Madhuri Martin.

SAMUDRA SHAKTI PLANNING TEAM

Madhuri Martin, Colorado - [email](#)

Deb Payne, Arizona

Lisa Long, Florida

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