



Welcome! Staying in The Movement Center ashram is an extraordinary opportunity. We welcome applicants to our Personal Retreat program who endeavor to find a deeper connection, alignment and flow within themselves and who wish to extend that flow to others with love, inner strength, and compassion.

To that end, while you are on retreat please plan to participate in our daily meditations. You are also encouraged to attend any of our yoga classes and take part in our weekly Tibetan healing rituals.

Guests staying at The Movement Center while attending special events here are understood to have full days participating in programs. We welcome you as well to join us for meditation and yoga as you are able.

### GUEST GUIDELINES

Please familiarize yourself with the guidelines below to understand the protocol for staying in the ashram and your guest room. Let us know if you need clarification or require additional information. You'll find links to the schedule and program descriptions at the bottom of this page.

- Check-in is located at the Program Entrance on the west side of the building.  
If you are coming for a Personal Retreat, check-in is available between 1:30 and 5:30PM.  
If you are attending an event, the check-in time may differ depending on the start time of the program you are attending. Please always check your program information and ask us if you are unsure.  
Let us know as precisely as possible when you expect to arrive so we can greet you at reception.
- If you are coming for a Personal Retreat, the check-out time is Noon.  
If you are attending an event, check-out may be later. Know that you are always welcome to leave your bags in a secure area of the building.
- Keeping in mind that The Movement Center's ashram is also a private residence for the students who live there, we ask that you let us know if you intend to have visitors.
- Rooms are simple and comfortable with minimal décor. There are no televisions. Free WIFI is available in select areas of the building. All bedding and towels are provided.

- Summer clothing: bring light clothes with layers to wear in the air-conditioned meditation hall.  
Winter clothing: bring warm clothing with layers. While it never gets very cold here, winter is our rainy season and it tends to feel chilly and damp.
- The ashram is a no-shoes environment. We suggest you bring slip-on shoes or sandals for going in and out of the building easily.
- You'll need to bring your own toiletries and other grooming items including haircare products, hairdryer, lotions, toothpaste and toothbrush.
- Please use unscented products. Many people are scent-sensitive to oils (even healthful oils), as well as perfumed body lotions, colognes, deodorants, shampoos, etc. This also extends to incense. The strong scent of incense lingers in a room after you are gone, so please refrain from burning it.
- Burning candles in your room is not permitted.
- Fire escape exits are marked in the hallway. In the very unlikely event that the fire alarm goes off, please exit the building quickly.
- Please leave your pets – whatever species or size – at home. We do accommodate non-disruptive “Assistance Animals.” That includes canines who have been trained to perform specific tasks relative to a disability. We can't accommodate “emotional support animals”.
- Smoking cigarettes or cannabis, and use of recreational drugs is not permitted in the building or anywhere on the property.
- Meals: Breakfast and dinner are included. We strive for the highest quality food we can afford. Most of our produce is organic, and prepared without artificial ingredients. Meals are largely vegetarian with many gluten-free choices. Our meat is sourced locally. Black and herbal tea is always available. Coffee is not served daily although it is often served the morning of scheduled events.

Although we aren't able to cook for special diets, do let us know if you have severe allergies to certain foods.

- Seva (service) to the ashram community is a part of the Personal Retreat experience. We welcome your help, and will work with you to help you integrate seva into your time here.
- Coin-operated laundry facilities are located on the lower level. The washers use liquid detergent only. Use only fragrance-free products. There is a change machine.

[The Movement Center, Inc.](#)

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**CONTACT: Swami Prakashananda, 503-231-0383, ext. 2207**

[Directions to Parking & Program Entrance \(check-in\)](#)

[Yoga Class Schedule](#)

[Vajrayana Healing Practices](#)