

Sunburst Karma Yoga Program

Selfless Service • Spiritual Practice • Supportive Community

Program Purpose

Sunburst's mission is to realize who you truly are, and the power we can generate to create heaven on earth through spiritual practice, supportive community, and selfless service. Karma yoga, the path of "action," of putting in 100% effort, without being attached to the outcome, is an integral part of Sunburst's spiritual path.

Sunburst's Karma Yoga Program offers participants the opportunity to experience the joys of selfless service, group meditation, and spiritual camaraderie while staying for a specified duration in this cooperative spiritual community. Goals of the program include developing a strong daily meditation practice, and experiencing the power of selfless service and group meditation.

Dates

Dates for the Karma Yoga Program are scheduled on an individual basis throughout the year, depending on participants' schedules and Sunburst's needs and availability at the time; contact our office (805.736.6528, contactus@sunburst.org) to coordinate.

Additionally, at times, specific timeframes may be identified as being particularly helpful for Sunburst and will be posted online at sunburst.org/karmayoga

Program Content

Morning group meditations and a half-day of work projects (approximately 4 hours) are included every weekday, and a meditation service is included every Sunday. Work projects may relate to gardening, cleaning, general upkeep, event preparation, event follow-up, and other projects that are needed around the retreat center or elsewhere on the property.

Lodging and camping are offered at a reduced rate, and participants are invited to include fresh organic produce from the community garden in their meals, depending on its seasonal availability.

Two to three times a week, a group activity is scheduled; examples may include a guided meditation, an afternoon study session, a yoga class, or a dinner with community members.

If the dates of your participation coincide with a retreat center event, please be sure that it is an event you are eager to attend, and that you complete your registration for the event. For event dates and registration details, please visit sunburst.org/events or contact the Sunburst office.

Prerequisite

Prior to arriving, karma yogis are asked to take Sunburst's free, 7-lesson ***Learn To Meditate eCourse***.

You can sign up to receive one lesson per week for seven weeks here: sunburst.org/learn-to-meditate. If there are fewer than seven weeks before your arrival, office staff can email you all the lessons at once.

Property Guidelines

Sunburst Sanctuary's property guidelines apply anytime you are on the property, including during the Karma Yoga Program:

- No smoking, drugs, tobacco, or alcohol
- No pets
- No open flames (candles, incense, camp stoves, etc.)

Thank you on behalf of wildlife, property, and people!

Program Cost

Please contact the Sunburst office at 805-736-6528 for the Karma Yoga Program suggested lodging/camping donations and for the donations for any retreat center events (Sacred Geometry Workshop, Kriya Initiation & Retreat, etc.) that will be coinciding with your visit.

To reserve your space, we ask for a deposit of half the total donation, along with a completed application, including medical questionnaire. The second half can be paid upon arrival. To deposit, please call with credit card info. Applications can be sent to you, and returned, by either mail or e-mail.

Location & Travel

Sunburst Sanctuary is located 30 miles north of Santa Barbara. The nearest town to our property is Lompoc (13 miles) or Buellton (13 miles the other direction). The nearest airport is in Santa Barbara. Please arrange for travel to and from our property, as well as travel to and from the grocery store as often as needed. Bringing a vehicle works well. Taxi and Uber service are sometimes available as well, but not as readily as in a city.

Additional Logistics

Participants will receive a confirmation letter before arriving, including driving directions to the property and a list of what to bring.

If you are staying in a cabin, we provide sheets, pillow, and blankets. Please bring your own towels.

A release form will need to be signed, and emergency contact information provided. This can be done digitally ahead of time, or on paper when you arrive.

Please call 805.736.6528 or email ContactUs@Sunburst.org to apply or ask questions!



ContactUs@Sunburst.org * 805.736.6528 * www.Sunburst.org