



Personal Retreats at Sonoma Ashram

“A spiritual practice is something that can be practiced, not a lengthy ritual. It is something very, very simple that you can do, and you do it daily.”

~ Baba Harihar Ramji (Babaji)

If you have ever thought about carving out some time to bring balance into your life, nurture your deep self, and cultivate a daily practice, the ashram provides an ideal environment. Spend some time in retreat at the ashram and take advantage of its many unique offerings. After learning practical tools in the ashram’s intimate setting, and practicing them daily, you’ll experience personal growth that lasts.

- Have one-on-one time with Babaji, our teacher and Guru. Babaji lives on the premises for most of the year and is available to spend individual time with all who come.
- Receive personal instruction in meditation to start a practice, or deepen one that you already have. Learn tools to take home with you to continue your practice.
- Strengthen your yoga practice or learn simple stretches for a new daily routine.
- Participate as you wish in the daily life of the ashram. Solidify your practice with a regular routine of yoga, meditation, healthy meals and *seva* (selfless service).
- Enjoy the peaceful grounds & gardens, sit under a tree with a book or journal, or just relax in your room.
- Experience picking vegetables and fruit with your own hands, and learn how to bring sacredness into cooking and eating.
- Get a taste of accomplishing tasks in silence as well as with meaningful conversation.

MAIN CONTACT INFO: info@sonomaashram.org

HOW TO GET HERE: 1087 Craig Avenue in Sonoma, CA.

If you are driving or renting a car, click here for directions via Google Map: [Sonoma Ashram](#). Other transportation options are:

- **Sonoma County Airport Express:** SFO/Oakland airports **to/from** Petaluma Fairgrounds (25 min. from the ashram). See website for schedule and cost: www.airportexpressinc.com
- **Lakshmi Tours - 707-280-5946** (*most economical*): service **to/from** SFO/Oakland airports (\$125) and Petaluma Fairgrounds (\$30)
- **Vern’s Taxi – 707-938-8885:** service **to** SFO/Oakland airports and Petaluma Fairgrounds
- **A1 Taxi – 707-763-3393:** service **from** Petaluma Fairgrounds

The ashram is a refuge from the pressures of modern life, a safe haven for self-growth and the pursuit of spiritual ideals. People near and far, and from many walks of life, come to be in an environment of sacredness and stillness. Maintaining a positive spiritual atmosphere requires the involvement and participation of all guests and residents:

Speak softly

- Be mindful of when, how and why you are speaking.
- Consider setting a personal goal to maintain silence throughout or for one full day during your visit. This is a wonderful way to experience, explore and discover the ashram.

Be gentle

- Ashram grounds are sacred to those who visit and those who live here. Please remove shoes before entering any building.
- Resources (water, electricity and gas) of the ashram are precious. Please be conservative with the use of water and all utilities.

Live simply

- WiFi on the property is limited. We recommend that you plan to be “off the grid” during your visit as much as possible and let family and friends know in advance of your stay.
- Engagement in seva (selfless service) is encouraged. We also encourage you to take time to just “be” - enjoy the grounds with no agenda, take a long walk, sit in silence.

WHAT TO BRING

- Shoes that can easily be slipped on and off
- Flashlight
- Alarm clock
- Shawl for meditation if you have one
- Warm sweater or jacket for cool mornings & evenings (seasonal)
- Umbrella (seasonal).