

Guest Information – Guru Ram Das Ashram

Welcome!

Important: the office is open M-F from 10-4. You must make your guest arrangements in advance! You must sign the guest agreement & ashram code of conduct at the bottom of this form in order to stay.

For reservations and if you have any questions, please call our office (508) 376-4525 from 10-4, Mon-Friday, or email us at info@yogaattheashram.org. The fee for one adult per night is \$55 for a shared room and bath (same gender, unless couple arrangements are made), in an apartment with fully equipped kitchen, and access to a clothes washer and dryer. There is WiFi access for computer users.

On your arrival: We do not have 24/7 front desk as we are an ashram, not a hotel. Be sure that you know where you are going and your key code prior to your arrival. Once your reservation has been confirmed, paid, and you have returned your guest agreement electronically, you are given this information.

See Photo, Attached, for where to find your apartment on arrival and be sure that you have the key code for entry in advance of your arrival.

Preparing for Your Stay:

1) You must agree to the Ashram Code of Conduct, when you book your space, in order to stay here.

2) Please bring your own sheets, pillowcases, and towels. Pillows, mattress pads, and comforters are provided. There is an additional \$10 fee for use of use of towels and sheets. If you do use ashram linens, please strip your bed, and leave your used linens in the pillowcase which you used, on the floor next to your bed. Leave any wet towels over the side of the bathtub.

3) Food: You may bring food to prepare in the fully equipped, shared apartment kitchen (please no meat, eggs or fish—**dairy is ok**). There are also many restaurants nearby, some are listed below Community lunch (Langar) is served and open to all on most Sundays at 12:30 pm and after First Friday Gurdwara Service which begins at 7 pm the first Friday of each month.

Experience Guru Ram Das Ashram:

Sadhana Schedule: Early Morning Practice Free and Open to All

Weekdays & Saturday

4:00 am JapJi Recitation of Song of the Soul *poem by Guru Nanak*
4:20-5:20 am Yoga
5:20-6:30 am Meditations
6:30-6:45 Ardas and Hukkam (*prayer & reading from Siri Guru Granth Sahib*)

Sundays

4:40 am JapJi
5:00 am Yoga
6-7 am Meditations

Daily Yoga Classes are available for the stated fees per class of \$10.

Community classes are \$5. Trainings, workshops, and gong events are in the flyer case in the Yoga Center entranceway, or on the website, www.yogaattheashram.org.)

Gurdwara (Sikh Worship) Information

The Sunday Gurdwara / kirtan program is scheduled from 11 AM - 1 PM. There is also a Gurdwara program every first Friday of the month from 7-9 PM. Following Gurdwara programs, a Langar (group meal to which everyone is welcome), is served. If you would like to help prepare a Sunday langar, you may come at 9 AM to lend a hand, or anytime in the evening on a First Friday.

Ashram Guest Rules & Further Information

We are happy and able to keep our rates low. We are grateful for our guests who would like to share in the ashram spiritual practice and community living.

- Please bring your own clean bedding/sleeping bag to use.
- Please bring your own towel.
- Vegetarian food only please (no meat, eggs, fish and poultry).
- As you enter please remove your shoes. You may bring slippers to use.
- Please read Fire Exit signs in the apartment.
- Fire Escape Ladders are at each escape window or door on second floor.
- Do Not give anyone the door code for security and privacy reasons.
- Kindly share a room with others of your own platonic gender or married partner.

When you leave:

- We ask that all guests leave the guest space clean.
- Please take all food and all personal items with you when you leave.
- Please throw out trash and recycling in the dumpster next to building A.
- Please close open windows
- Please check the thermostat before you leave and turn the heat down to 65 in the winter 55 in the summer.

In the bathroom:

- Please clean up the bathroom before leaving!
- Lift shower mat up from the bottom of the tub and let dry on the entry side of the tub.
- The apartments at the Ashram have kitchen facilities which you are welcome to use with care and cleanliness: refrigerator, stove, pots & pans, plates, bowls, cups, silverware, and tea kettle.
- **NO OPEN FLAMES:** Please Do Not use candles or incense in the guest housing.
- You may use Washer and Dryer, and please clean the dryer lint trap after each use and use your own soap or leave a \$ donation for soap.
- Apartment A8 is Coed in that there is one bedroom for men and the common areas are shared. Married couples share a bedroom in this apartment.
- Please maintain sharing our guest housing in self-awareness, modest attire and polite, platonic behavior.

Guru Ram Das Ashram, Millis, MA Guest Agreement

Ashram guests are welcome and encouraged to visit study and meditate at the ashram for a day, a week, a month, a year, or longer. It is hoped that every guest will be inspired to participate fully in the life of the community during their stay. Guests of the ashram respect the mission, values, and practices of Guru Ram Das Ashram. Additionally, all ashram guests agree to abide by the Ashram Code of Conduct and to respectfully observe the rules established for the use of all ashram facilities. Ashram guests who are in residence as visiting students are expected to abide by all the guidelines of their course programs.

Ashram Mission: Guru Ram Das Ashram is a spiritual community, a teaching and healing center, and a place of spiritual practice and meditation. Our community acknowledges the grace and dignity of every soul and we are dedicated to uplifting individuals and to bringing reverence to life through the practice of a lifestyle rooted in yogic principles and the core values of Sikh Dharma, as taught by the Siri Singh Sahib, Yogi Bhajan.

Ashram Code of Conduct

At Guru Ram Das Ashram, we maintain a safe, healthful, and wholesome environment for spiritual practice. In keeping with the ashram lifestyle, we do not allow eating of meat, fish or eggs, nonprescription drugs, alcohol, cigarettes or smoking/vaping of any kind, sex outside of marriage, violence, or threats of violence. Permission must be sought before bringing pets or animals onto the property.

All Guests are expected to pay all Ashram fees and charges on time and in full and make reservations with the ashram prior to their visit.

We reserve the right to request anyone who disregards our policies to leave the ashram and refuse their entry at any time in the future.

DON'T FORGET TO CONFIRM YOUR RESERVATION IN ADVANCE AND HAVE YOUR KEY CODE AND APARTMENT ASSIGNMENT IN ADVANCE OF YOUR ARRIVAL



Hiking around Millis is plentiful.

Tangerinis Spring Street Farm Walking Trails

139 Spring Street, Millis, Massachusetts 02054 • (508) 376-5024

http://www.tangerinisfarm.com/tangerini_farm_trail.htm

Stony Brook Wildlife Sanctuary/Bristol Blake State Reservation ..., Norfolk, Massachusetts

Kids love water, and this hike offers plenty. The former site of a sawmill, Stony Brook Wildlife Sanctuary's wheelchair-accessible Pond Loop Trail circles Stony Brook Pond, has an extensive boardwalk between Kingfisher Pond and Teal Marsh, and ends near a waterfall. Wildlife is plentiful
Norfolk, MA

Rocky Woods And Fork Factory Brook

Six and one-half miles of hiking through rolling hills of white pine and red oak
Hartford St, Medfield, MA

Noon Hill, Norfolk, MA

At 370 feet, Noon Hill rises gently above the surrounding landscape. Four and a half miles of trails with moderate hiking. from massvacation.com

Noon Hill Ave, Norfolk, MA

Noon Hill Reservation, Medfield, Massachusetts

Medfield, MA

Heavily wooded Noon Hill is secluded with a diversity of wildlife. Few people even know of its existence, and as an added bonus, it abuts the Henry L. Shattuck Reservation with an additional 225 acres along the Charles River. Noon Hill got its name from the early settlers who noted that the sun rise there.

For More Trails & Information and directions see this website <http://www.scout.me/hiking--near--millis-ma>

Restaurants, Stores, Theater, Laundries, Hotels in Area:

Name	Type of Food	Comments	Address	Phone
Twist	Bakery & Café- Organic/GF	Moderate \$\$	30 Milliston Rd, Millis, MA 02054	508-376-1163
Acapolcos	Mexican	Moderate \$	15 Main Street Franklin, MA	(508) 520-0696
Blue Moon Café	Bagels, bakery	Low \$	236 Main St (Shaw's plaza) Medfield	359-8880
Dosa Temple www.dosatemple.us	Vegetarian SouthernIndian	Moderate \$\$	59 Pond Street Ashland	(508) 879-6800
Curry House	Indian Food Bar and Grill	Moderate \$\$	418 W Central St, Franklin, MA 02038	(508) 520-2900
Budabing's	50's café	Moderate \$	1060 Main St millis	376-8999
Lilac House	Chinese	Moderate \$	34 Milliston Rd	376-8868
Medway House of Pizza	Pizza	Low \$	135 Village St. Medway	533-8582
Millis House of Pizza	Pizza	Low \$	915 Main St. (Rt 109) Millis	376-8500
Whole Foods	Health foods		259 Hartford Ave Bellingham	508-966-3331
Tangerini's Spring Street	Coop farming fresh veggies	Moderate \$	139 Spring Street Millis, MA	(508) 376-5024 tangerinisfarm.com
Louies Pizza	Italian	Moderate \$	12 Milliston Rd, Millis, MA 02054	508.376.6200
Saigon Restaurant	Vietnamese	Moderate \$	18 D Exchange St., Millis	376-2414
Szechuan Garden	Chinese	Moderate \$	106 Main St. (Rt 109)Medway	533-8888
Thai Pepper	Thai	Moderate \$	178 E. Main St (Rt.16)Milford	478-9022
Chim Thai	Thai	Moderate \$	196 E Main St # 52, Milford	(508)478-4599
Theater	Hoyt's Bellingham 14 Showcase Patriot Place Cinema	Usual prices, great seating	259 Hartford Ave Bellingham24 Patriot Place Foxboro, MA 02035	966-4500 (800) 315-4000
Laundry	Common Coin-Op	(Roche Bros plaza)	6 Milliston Rd. Millis	376-2203
	Medway Laundromat		112 Main St. (109) Medway	533-2306
	Quality Cleaners	Dry Cleaners	969 Main St, Millis MA	508-376-9100
Hotels	Tage Inn	Most guests	Beaver St.Milford	478-8243
	Radisson		11Beaver .Milford	478-7010
	Days Inn		3 Fortune Blvd	634-2499
	Hawthorn Suites	www.hawthorn.com	835 Upper Union Street, Franklin -	(508) 553-3500
	Residence Inn Marriott	www.marriott.com	4 Forge Parkway, Franklin -	(866) 708-3178
	Hampton Inn n	hamptoninn1.hilton.com	- 735 Union Street, Franklin	(508) 520-2999
	Holiday Inn Express		50 Fortune Blvd, Milford, MA 01757	(508) 634-1054
Millis Library	Millis Library more info	millislibrary.org	25 Auburn Road Millis, MA 02054	(508) 376-8282

More Stores near the Ashram

Store	Address	Phone	Distance
<u>WHOLE FOODS</u>	255 Hartford Ave Bellingham, MA 02019	(508) 966-3331	6.0mi Get directions - View larger map
CVS PHARMACY	30 MILLISTON RD MILLIS MA 02054	(508) 376-4538	0.53mi. map it
SHAWS	65 MAIN ST MEDWAY MA 02050	(508) 533-0606	2.52mi. map it
WALGREENS	68 MAIN ST MEDWAY MA 02053	(508) 533-4902	2.52mi. map it
CVS PHARMACY	67D MAIN ST MEDWAY MA 02053	(508) 533-6771	2.69mi. map it
CVS PHARMACY	555 MAIN ST MEDFIELD MA 02052	(508) 359-7995	2.99mi. map it
SHAWS	230 MAIN ST MEDFIELD MA 02052	(508) 359-8713	4.17mi. map it
MARKET BASKET	274 HARTFORD AVE BELLINGHAM MA 02019	(508) 966-3044	6.09mi. map it
SHAWS	301 POND ST ASHLAND MA 01721	(508) 881-5125	6.11mi. map it
STAR MARKET	255 E CENTRAL ST FRANKLIN MA 02038	(508) 520-6880	6.24mi. map it
STAPLES	HARTFORD AVENUE BELLINGHAM MA 02019	(508) 966-1200	6.43mi. map it
STOP & SHOP	140 W CENTRAL ST FRANKLIN MA 02038	(508) 520-4102	6.28mi. map it
WAL-MART	250 HARTFORD AVENUE BELLINGHAM MA 02019	(508) 966-7633	6.43mi. map it
DOG BARN Boarding	1363 Main Street (rt 109) Millis MA	508-794-1256	www.dogbarnmillis.com