

SUSTAINABILITY AT ESALEN

Esalen is a nonprofit organization that aspires to be a leader of sustainable practices and to encourage people to carry those practices into the world. We are humbled to remember that before Esalen existed, this land was stewarded sustainably for thousands of years by the Esselen people.

SUSTAINABILITY HIGHLIGHTS

- Extensive composting and recycling programs coordinated by staff and students in both the Esalen Kitchen and Farm & Garden
- The use of excess hot springs water for irrigation
- A “living machine” in the Garden that processes wastewater naturally and irrigates flowerbeds
- Solar panels across Esalen property
- The use of water and electric meters to monitor usage
- Solar hot water heaters in the laundry
- Conscious food purchasing with a focus on local, humane and sustainably grown foods

SUSTAINABLE PRACTICES DURING YOUR STAY

- Reuse your bath towel
- Be mindful of water usage during showers. We are in a drought-prone region
- Turn off water, lights and heat when not needed
- Limit use of disposables like paper towels and paper cups
- Compost and recycle

*Esalen is a 501c3 nonprofit organization
Printed digitally on 100% recycled paper*



MAP AND INFORMATION

Welcome to Esalen

We are a leading center exploring and realizing human potential through experience, education and research. We work toward the realization of a more just, creative and sustainable world, seeking answers to questions unlikely to be explored by traditional universities and religions.

We ask you to be mindful of the following guidelines during your time with us. Please contact Guest Services or Gate staff with any questions.

ESALEN ETHOS AND RESPECTFUL CONDUCT

You are joining a unique community that includes seminarians, staff, residential students and faculty. As a nonprofit integral learning center, Esalen has catalyzed deep healing and radical self-awareness since 1962. Non-ordinary experiences are part of being here, and together we hold inclusivity, nonviolence, respect and consent as the foundation on which they are built.

Esalen is committed to a learning environment free from verbal and physical violence or threats of violence, and free from harassment including inappropriate comments, contact and conduct. Please notify Guest Services or Gate staff with any concerns.

HEALING ARTS

During your stay, please schedule massage and other healing arts sessions by using the computer kiosk at Guest Services. You may schedule sessions as early as 2:40 p.m. on the day of your arrival, and no later than 1:00 p.m. on the day of your departure. On check-out days, you may enjoy a final soak in the baths after your session; however, departure from Esalen is required no later than 3:00 p.m.

ESALEN BATHS AND POOL

Heated by fires deep within the earth, our cliffside hot springs are a sacred place of renewal and healing at the heart of Esalen. The ethos at the baths is one of respect, reverence and non-judgement. The baths and pool are clothing-optional areas where both nudity and swimsuits are common. Please be aware:

- There is no lifeguard on duty at the baths or pool area
- Emergency phones are located in the restroom at the baths (*dial 5*)
- Stay hydrated, cool off frequently and ask for help if you feel faint
- Please reuse your bath towel throughout your stay. There is a solar dryer outside the entrance to the baths
- Please do not bring glass, food or drinks other than water at the baths
- There is no photography allowed at the baths
- No running or diving allowed at the baths
- Please be respectful of the quiet and silent areas of the baths
- Only use biodegradable bath products in showers and tubs (*we provide shampoo and soap*)
- There are no lockers at the baths
- Babies and toddlers must wear swim diapers and children must be supervised at all times

SAFETY DURING YOUR STAY

The Gate at Esalen's main entrance is staffed 24 hours, seven days a week. In an emergency, please go to the Gate or dial 5 from any Esalen phone. Please be aware:

- Candles are prohibited at Esalen
- Report any sign of a fire to the Gate (*dial 5*)
- If you hear the fire siren, report to the oval near the Lodge (*see map*)
- Carry a flashlight at night
- There is no beach access at Esalen
- Keep your valuables safe. Esalen is not responsible for lost or stolen items
- The back gate is locked between 10:00 p.m. and 6:00 a.m.

SMOKING POLICY

Smoking is only permitted in designated areas (see map), and is prohibited in all Esalen buildings and on decks. Please dispose of cigarettes in the appropriate receptacles.

WI-FI & COMPUTER USAGE

Wi-Fi is available in the Lodge during non-meal hours (turned off for meals). During meals, we ask that you put away your electronics.

There are two shared internet stations available for guest use (see map). Due to extremely limited bandwidth, streaming and internet-based calling are prohibited.

PLEASE NOTE: Guests are not permitted to have visitors on the property.

RECEIVING CALLS

Most guest rooms do not have phones. **A message can be left for a guest by calling 831-667-3000**; notes will be posted on the message board outside Guest Services. There is no cellular service anywhere on property; however, you may purchase phone cards from Guest Services (see map for phone booth locations).

If you are concerned about receiving an urgent message, please contact Guest Services or Gate staff.

GUEST SERVICES HOURS

Please check the sign outside the Office for current hours.

ROOM CHECK IN

Check in is at 3:00 p.m. You may arrive at Esalen at 2:00 p.m.

ROOM CHECK OUT

Check out is by 10:00 a.m. or prior to your final workshop session. Please plan to depart Esalen by 2:00 p.m.

ORIENTATION

Orientations are held Friday and Sunday at 7:30 p.m. Please see room location posted in the Lodge.

MEAL TIMES

BREAKFAST8:30–9:45 a.m.

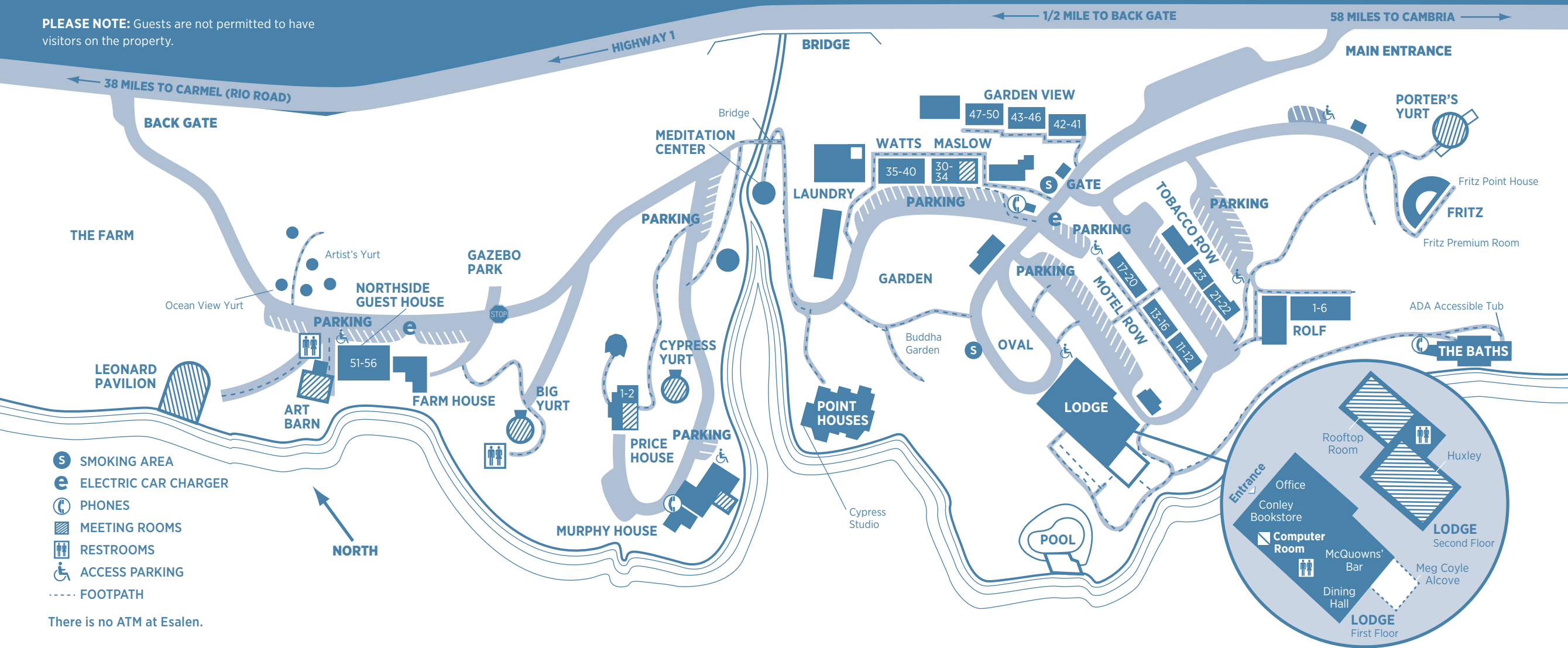
LUNCH 12:30–1:45 p.m.

DINNER6:00–7:30 p.m.

BAR6:00–8:00 p.m.

BRUNCH (Friday and Sunday)12:15–1:45 p.m.

LODGE CLOSED (For cleaning)7:00–8:00 a.m.



There is no ATM at Esalen.