

MANGALAM CENTERS - More Details

Daily Schedule Monday to Saturday

6:30-7:30am	Morning Practice (optional)
8:00 am	Work begins
10:00-10:30am	Break
12:30-1:30pm	Lunch
3:00-3:30pm	Break
5:00 pm	Work finishes
5:30 pm	Dinner
6:15 &/or 8:00pm	Classes

Meals: Vegetarian meals are provided Monday through Saturday lunch. Saturday evenings and Sunday residents make their own meals using designated kitchen supplies or leftovers. Snacks are provided during the work day.

If you have food allergies or are on a restricted diet, please let us know on your application. We are not always able to accommodate special dietary needs. If you have multiple or unusual food allergies you may need to purchase some of your own food.

Housing: Volunteers live 2 to a room at Nyingma Institute. Rooms are simply furnished with bedding & towels provided. The men's and women's bathroom and shower facilities have separated stalls for toilets and showers.

Cleaning/Security Deposit: A \$50.00 **cash** refundable security and cleaning deposit is required upon arrival. This is held and returned to the participant at the time of their departure if living quarters are left clean and undamaged

Travel: Volunteers pay their own travel expenses round trip to Nyingma Institute. Travel details are arranged upon acceptance to the program.

Volunteers are not encouraged to bring their cars as there is a shortage of parking throughout the area. Public transportation access is within 2 blocks.

Internet and cell phones: Wireless is available throughout the building. A computer station is available for email. Laptops, personal music players and cell phones are allowed. Music players cannot be used during work hours and at all times can only be used with headphones.

Smoking and Drug use: Mangalam Centers is a non-smoking facility. The use of tobacco, illegal drugs or abuse of prescription drugs will result in immediate dismissal from the program