

Welcome to the Esalen Institute. In order to acclimatize you before you arrive at Esalen we have assembled the following Frequently Asked Questions. Please read through them before you arrive at Esalen.

Schedules

Check-in/Check-out: Guests are welcome to arrive at Esalen any time after 2 p.m.; rooms become available after 4 p.m. Checkout time is 12 noon on departure day.

Workshops: Workshop schedules normally begin on 8:30 p.m. on the first evening and end at 11:30 a.m. on the final day.

Meals: Breakfast is served from 8:30am – 9:45am, Lunch is served from 12:30pm – 1:45pm (Sunday Brunch is served from 12:15pm), and Dinner is served from 6:00pm – 7:30pm.

Orientation: There is a general orientation to Esalen on Friday and Sunday evenings at 7:45. Check in the front office upon arrival to find out where the orientation will be held.

Movement Classes

In addition to your workshop Esalen offers movement classes nearly everyday for no additional charge. Keep in mind that scheduled classes vary from week to week depending on the workshops we are hosting and in addition we sometimes host visiting movement teachers not listed here. A typical daily schedule is as follows, although class times occasionally vary and cancellations sometimes occur:



7:00am - 7:40am Chanting and Meditation – Led by Esalen Staff

7:45am - 9:00am Wake Up 101 - Led by Esalen Staff

5:00pm - 6:30pm Restorative Yoga – Led by Esalen Staff

For Your Information

Esalen is located approximately 45 miles from "civilization." This isolation and tranquility can deepen the experience possible during a stay at Esalen yet can be a significant change in environment for many guests. We have minimal electronic communications available (there are some pay phones and terminals available for internet connection). There is no cell phone service at Esalen.

Health Services: Esalen has no medical services or pharmacy on site. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs.

Money: Esalen is able to accept cash, checks, and credit cards. Please bring sufficient funds for incidentals, as Esalen does not have an ATM, nor are we able to cash checks.

Smoking: Esalen is a non-smoking community. Smoking is not permitted in any accommodations, meeting rooms, or other indoor spaces.

Snoring: All of our accommodations are shared. You or your roommate may snore. Please come prepared (nose guards, ear plugs, etc.).

Camping: To limit the impact on our land, camping is not available at Esalen. A variety of campgrounds are available in the Big Sur area.

Pets: Other than animals in service, pets are not allowed on the property.

Guests as Volunteers: Esalen is a learning community/organization made up of guests, students, staff, and volunteers. A variety of contributions go toward enhancing this community. Guests contribute to this in many ways, including making their beds and bussing their dishes. Guests are also welcome to contribute a couple of hours to work with the Esalen staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. Contact the reservations office for further details.

Valuables: The Esalen office has no facilities to store your valuables.

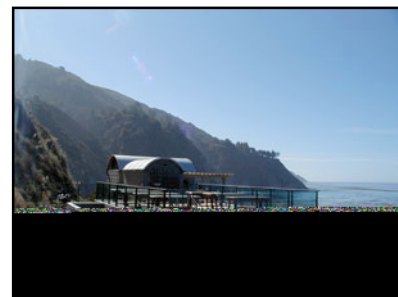
Flashlight: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 831-667-3019.

Hot Springs

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.



Disabled Access

Here at Esalen, even though many of our paths are paved, they are extremely steep due to our cliffside location. In fact, Big Sur is the steepest

