

# TOSA Blue Mountain Sanctuary

*A Self Ascension Campus Modeling Peace, Love and Joy!*



*Your Sacred Journey in the Ecuadorian Andes*

Volunteer and Self-Ascension  
Internship Opportunities!

*"May your heart experience the blessing of home, the  
love of the universe and the song of your soul."*

*-Sri & Kira*





## Namaste Beloved One!

Thank you for your interest in our Volunteer and Self-Ascension Internship Programs here at TOSA Blue Mountain! Feel our hearts of sincerest appreciation as you are called to be of service with us.

TOSA Blue Mountain (TBM) is not just a retreat center. We are a community, a Campus for Self-Ascension and organic sanctuary! TBM is open for most of the year for Events with Sri & Kira, custom personal retreats, as well as to those wishing to host their own small group events.

### Volunteer Program Description

There is so much here at TOSA! From the Water Therapy Center, to the Yoga Studio and Temescal, Hiking Trails with views of the Andes, Temple and Healing Chamber, Vegetable Gardens and Green House, Clinica Linda...and so much more! All of which need consistent care, attention and love from all of us here at TBM, including volunteers 😊

Volunteers may be asked to assist with the following tasks and activities--all of which are dependent on the time of year as well as whether we are hosting group events or personal retreats at the time of your stay.

- I. **Event/Personal Retreat Support:** If you choose to arrive during an event, you will be assisting us to serve our incredible community! This includes event set-up & break-down, help clean and make-ready our on-site accommodations, assist in the kitchen with preparing meals and help on-site coordinator and staff meet the needs of our clients! *Please Note: As a volunteer, you would not participate in Event Group activities. In order to participate, partial payment for the Event is required and is also dependent on availability. If you are interested in this option, please email us at [services@TosablueMountain.com](mailto:services@TosablueMountain.com) for more information and assistance.*



***A group of beautiful beings at TBM's New Years 2020 Event!***



***Harvesting San Pedro for the Group's Ingesting Ceremony***

*"The best way to find yourself is to lose yourself in the service of others"*  
– Mahatma Gandhi

- II. **Grounds & Gardens:** The grounds of TBM are infinitely beautiful and vast! Imagine spending your mornings outside and connecting with the land, harvesting fruit from our numerous fruit trees or learning how to grow food from seed without chemicals! Here at TBM we have vegetable gardens, a green house, hiking trails to maintain, coffee, fruit trees as well as flora and fauna everywhere! Come and support our plant communities and be a part of the, organically grown, Farm to Table experience Here at TOSA!



*Harvesting chard from the Green House for Lunch!*

- III. **Kitchen & Soul Nourishment:**

Come and support us in Sri and Kira's very own Kitchen while learning about our Soul Nourishment Program as well as gluten-free, vegan, vegetarian, sugar-free or grain-free (you name it!) cooking! Help us bring home local produce grown by our neighbors in the nearby open-air markets of Paute. Interested in learning more about reverse-aging and reclaiming greater vitality? Leave feeling empowered to cook nourishing and delicious food for yourself and others after you return home! (We will teach you!)



*Beautiful Wafa! Cooking a delicious meal for one of our Group Events!*

- IV. **Special Projects:** There is always something new being created here! Every month is full of unique projects that we could always use extra hands with. Please let us know where your specific interests lie, and we may have a project in mind that is aligned with your passions and experience!

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- V. **Clinica Linda:** TBM has opened a free clinic for the local, indigenous people in our surrounding area! Depending on your length of stay, interests and the time of year, there may be opportunities to be of service in Clinica Linda.



*Clinica Linda's Resident MD, Lorena Vintimilla!*

#### **TBM On-Site Self-Ascension Internship Program**

The Self-Ascension Internship program at TBM is a MINIMUM one-year residential commitment. As the On-site Coordinator, you are involved with helping to coordinate all on-site day to day activities as well as events and personal retreats, assisting Sri & Kira, emailing potential visitors and helping to organize their stay at TBM and more! Ability to be self-directed as well as a willingness to learn and be adaptable, are important qualities as an intern. Every day is different and you will be given endless opportunities to learn, expand and grow! Plus...private instruction with Sri & Kira! If you are interested in learning more about this opportunity, please email [services@tosablueMountain.com](mailto:services@tosablueMountain.com).

#### **Housing and Accommodation**

Volunteer and Intern housing is within the River Cottage/Clinica Linda, located right above a gorgeous river that connects the Andes to the Amazon! All of the other on-site casitas are an option dependent upon availability (please see [TosablueMountain.com](http://TosablueMountain.com) for photos, descriptions and price differences for all of our casitas). Volunteers and Interns have access to all on-site amenities as well as 3 meals a day, internet access and more.

#### **Length of Stay & Pricing for Volunteer Program**

Volunteers are welcome for as little as 3 days or up to several months! The cost of your over-night accommodation is offset by the number of hours you choose to volunteer daily.

- 2 hours/day: Overnight accommodation reduced by 25%\*
- 4 hours/day: Overnight accommodation reduced by 50%\*

The regular price of overnight accommodation for both Volunteer Housing, (ALL-INCLUSIVE), or a bed in Ganesha's Community House (dependent on availability) is \$55/night. For example: a 50% reduction for volunteering 4 hours/day, would be \$27.50/night during your stay.

\*Note: This rate applies only to volunteers staying in Volunteer Housing or a bed in Ganesha's Community House. If you would prefer to stay in an upgraded overnight accommodation, please email [Services@TOSABlueMountain.com](mailto:Services@TOSABlueMountain.com) for assistance. Note: this pricing does not apply to Interns, please email us if you would like more information about the internship program.

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### **Other Benefits of Being an ONSITE RESIDENTIAL Volunteer!**

While you are here in the power-filled energy of TOSA and the Andes Mountains, you may want to consider enrolling in one of Sri & Kira's Home-study Courses (Ascended Numerology, Keys to Ascension, Medical Intuitive, Quantum Clairvoyance, Avesa Balancing, etc!). You can also experience a San Pedro Journey and harvest ceremony, or choose from a number of healing sessions & readings offered here! ***The opportunities to FLOURISH & EXPAND are endless!***

During your off-hours, enjoy hiking the mountain trails, relax in the water therapy center, or reflect within the meditation caves or the Tree of Wisdom...The choice is yours and there are so many to choose from!

Thank you again for your consideration in wanting to be a part of the TOSA Blue Mountain family, in service to our community! Please help us learn more about you as well as your vision for being here by filling out and emailing the *TOSA Volunteer Program Questionnaire* to [Services@TosaBlueMountain.com](mailto:Services@TosaBlueMountain.com). **We sincerely look forward to hearing from you!**



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