



Sundara Inn & Spa®

Pledging Peace and Quiet

Time to relax and enjoy everything your heart desires. And we suspect tranquility is right up there at the top of the list for you and the others in your group. There is undeniable simple pleasure that comes with "peace and quiet" that we never take for granted here at the spa.

If **tranquility** is what you desire, then our heated outdoor infinity pool area is your oasis of calm. Here we encourage relaxation and silent reflection as you take in the mesmerizing views of the towering pines. This side is also home to Suvela which is sanskrit for "quiet" a space for silence.

If **reconnecting** with the most important people in your life is what you desire, then you'll love the Cambrian Oasis with cozy conversation alcoves inside and plenty of poolside seating areas outside.

So, may we ask that you pledge to:

- Silence mobile phones prior to or upon arrival
- Secure your silenced mobile device in your spa locker or overnight suite
- Mobile phones are prohibited in all areas, except in the privacy of your overnight suite and in the fitness studio
- Keep the volume of conversation in all common areas to a low hum (use your spa voice)
- Respect quiet spaces at Sundara, including the Suvela Quiet Room, Tranquility Terrace and Meditation Trail – these spaces are intended for personal reflection in silence, meditation, napping and reading.
- Take photos only in your suite
- Recording devices, cameras, kindles, Ipads and other electronic and mobile devices are not permitted in common areas.

While it may seem a bit constraining at first blush, trust us when we say you will love your escape from the real world even more when you let tranquility be your guide. Please don't be offended if one of our staff offers a gentle reminder as necessary – we do it for the enjoyment of all our guests.

Thank you for signing and returning.

Namaste.

Printed Name

Room Number

Date

Signature of Guest