

Altitude Sickness

Mountain Gate is located in a high mountain valley in the Sangre de Cristo Mountains of northern New Mexico. Because of this location, some people may be vulnerable to altitude sickness. Unfortunately it is not necessarily possible to know in advance whether this will happen to you, and even if it has not happened to you in the past there is always the chance it may happen the next time you go up, especially to altitudes above 7000 feet. The elevation at Mountain Gate is approximately 7800 feet.

Because of this it is vital that anyone new to Mountain Gate check with his or her medical practitioner prior to your arrival. It helps to come up to altitude gradually, such as spending a couple of days in Albuquerque in advance of arriving at Mountain Gate. Maintaining adequate hydration, i.e., drinking enough water, or even water with a dash of lemon or lime juice in it, is probably the single most important thing a person can do at this altitude to limit or help avoid altitude sickness.

If you have medical issues that would be affected by altitude it is VITAL that you speak with Mitra-roshi and obtain prior permission from your health care practitioners in order to be accepted for residential training or session at Mountain Gate.