Ananda Retreat

A Meditation & Yoga Retreat

Ananda Yoga® Weekend Retreat

August 24 – 25

Ananda Yoga® comes from the renowned Raja Yoga / Kriya Yoga tradition of Paramhansa Yogananda, author of *Autobiography of a Yogi.*

Ananda Yoga arose from Paramhansa Yogananda's teachings and was developed into a definite system of practice by his close, direct disciple, Swami Kriyananda, the founder of Ananda.

Why Ananda Yoga®?

- Ananda Yoga® is gentle, yet powerful in its healing impact. It's an invaluable aid for higher consciousness and deeper meditation.
- Whatever your age or body type, we can guide you into poses to help you feel relaxed, revitalized, and uplifted.

Your program will include:

- Intensive Ananda Yoga® classes
- Class on Health and Vitality
- Group Meditations
- Healthy vegetarian homemade meals
- Kirtan
- Other fun filled activities

Special Guest: Nayaswami Tushti

A well-known Ananda Yoga® teacher, she has been practicing and teaching this system for more than 15 years. She has a unique sensitivity to perceive the needs of every student.

For bookings or any further information please contact us at: **+919657729346** or **shurjo@anandaindia.org** **or** **retreat@anandaindia.org**

Note: If you plan to bring your **children** along, please let us know so that we could organize some fun activities for them too

Date: Saturday, 24 August– Sunday, 25 August
Place: Ananda Retreat, Village Watunde, 13 KM before Lavasa, Taluka Mulshi, Pune

To know more about us, please visit www.anandayogaretreat.org