

# Chakra Flow Spring 2015 Yoga Retreat

at Ananda Ashram, Monroe, NY



Join Ana and Antonette for our annual Chakra Flow weekend at Ananda ashram - a Yoga retreat and spiritual-educational center just one hour from Wayne, located in the foothills of the beautiful Catskill Mountains.

Enjoy the beautiful scenery, delicious organic vegetarian food, and quiet personal time as well as two Chakra Flow workshops, a walking meditation and all ashram programs, including daily meditation, yoga and Sanskrit classes, chanting and readings, plus weekend kirtan and satsang with Joan Suval.

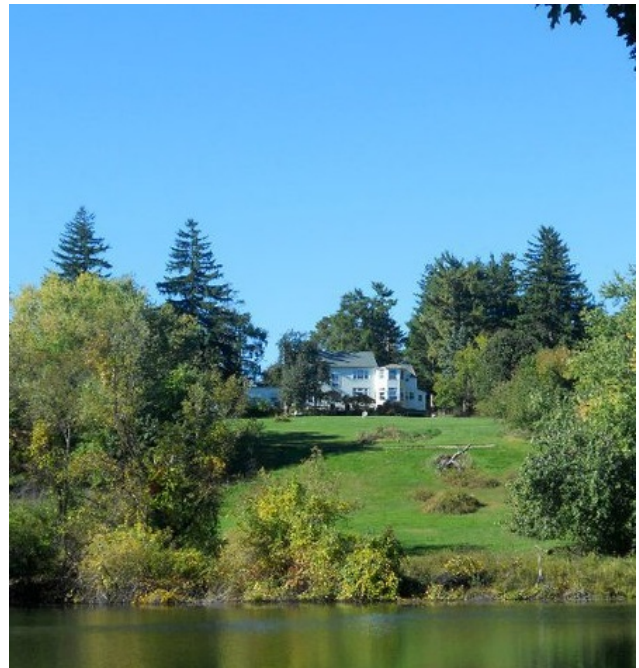
**Arrive:** Friday afternoon, April 10<sup>th</sup>

**Depart:** Sunday afternoon, April 12<sup>th</sup>

**Price:** \$260 for a dorm room and \$320 or for a semi-private room. The price is per weekend, per person, all inclusive (lodging, all meals, all core ashram programs and all Chakra Flow activities). \$100 deposit is required to register and secure your spot. The balance is due by 3/10/2014

**Contact for more info or to register:**

[wayneyoga@gmail.com](mailto:wayneyoga@gmail.com)



973-696-YOGA (9642) ~ Ananta Yoga Studio ~ [www.wayneyoga.com](http://www.wayneyoga.com)