

## ANANTA YOGA - YOGA RETREAT WEEKEND

April 29-May 1, 2016 at Ananda Ashram, Monroe, NY

Join Ananta Yoga and your fellow students for our annual Yoga/Spiritual retreat weekend at Ananda ashram - a Yoga retreat and spiritual-educational center just 45 minutes from Wayne, located in the foothills of the beautiful Catskill Mountains.

Enjoy the beautiful scenery, spiritual energy, delicious organic vegetarian food, and quiet personal time. Included will be two special workshops, one led by Antonette Redl, and one by Ana Sorce, a walking meditation and all special ashram programs, including daily meditations, yoga and Sanskrit classes, chanting and readings, plus weekend kirtan music and satsang, a gathering lead by spiritual honorees.



**Arrive:** Friday afternoon, April 29<sup>th</sup>

**Depart:** Sunday afternoon, May 1<sup>st</sup>

**Price:** \$275 for a dorm room and \$330 for a semi-private room for two people. The price is per weekend, per person, all inclusive (lodging, all meals, all core ashram programs and all workshop activities). \$100 deposit is required to register and secure your spot. The balance is due by 4/1/2016. *There are limited semi-private rooms so reserve early.*

**Contact for more info or to register:**  
[wayneyoga@gmail.com](mailto:wayneyoga@gmail.com)

