

ANANTA YOGA - RETREAT WEEKEND

April 13-15, 2018 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 40 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 our special workshops, a walking meditation and all ashram programs, including daily meditations, yoga and Sanskrit classes, Qi Gong class, chanting and readings (optional and of your choice) or just relax.



Arrive: Friday afternoon, April 13th

Depart: Sunday noon April 15th

Price: \$299 for a dorm room and \$355 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 3/24/2018. *There are limited semi-private rooms so reserve early. First come basis*

Contact Lori for more info or to register:

wayneyoga@gmail.com



973-696-YOGA (9642) ~ Ananta Yoga Studio ~ www.wayneyoga.com