



Yoga Meditation Retreat

at Ananda Dhiira, Center for Spirituality and Wellbeing

April 29 - May 1, 2011

**6pm Friday, April 29
through 1pm Sunday,
May 1**

Cost: \$210, Students \$130

**Early Bird discount \$180,
Students \$100
by April 15**

For more information
contact:
Dada Nabhaniilananda
dada@eternalwave.com
650 • 492 • 4223

or
Ananda Dhiira,
19393 Sanctuary Rd.,
Penn Valley, CA
530 • 432 • 3618
anandadhiira.net

Register online at:
anandadhiira.net

Take your meditation to the next level

Many people understand the wonderful benefits of meditation, but find it hard to get established in a regular practice.

The best way to establish this habit is to go on a meditation retreat with good company and inspiring activities:

- Yoga classes
- Collective chanting and meditation
- Delicious vegetarian food
- Nature walks
- Spiritual discussions and stories
- Awareness exercises
- Music

Under the guidance of spiritual teachers Dada Nabhaniilananda, Didi Ananda Lalita and Didi Shveta.

**Come and revitalize yourself in an
environment of natural beauty!**