

COMING HOME RETREAT

May 27th - 30th, 2011

Ananda Dhiira

Ananda Dhiira welcomes
you home for a special
weekend, to dive deeper into ones'
permanent abode, to enjoy the inner
connectedness with all while being in the
joyful flow of loving Satsaunga

REGISTER BY MAY 20th LATEST

Tel: 530 432 3618

www.anandadhiira.net



Registration:

Pre-registration on or before May 20th: \$160 per adult, \$290 per couple, \$120 per student, \$80 per child 7 to 12 years old, \$60 per child 6 years and under. Infants are free of charge. Family rates, scholarships, and work exchange are available by arrangement. No one will be turned away due to lack of fund. **An additional \$15 per person will be charged for registration after May 20th.**

Accommodations

There are many picturesque spots at Ananda Dhiira for camping. Shared accommodations are available.

What to Bring

Bedding or sleeping bag, tent, slippers, comfortable clothing, a sweatshirt or sweater, hiking or comfortable walking shoes, hat, sunglasses, musical instruments, notebook, pen and yoga mat.

Childcare

Childcare, can be provided by caring and responsible adults. Please inform Didis in advance.

Directions to Ananda Dhiira

19393 Sanctuary Road, Penn Valley, CA 95946 (530)432-3618

- By Bus:** Take Greyhound to Colfax. Please make prior arrangements for a ride from Colfax.
By Train: Take Amtrak to Auburn. Please make prior arrangements for a ride from Auburn.
FYI: Amtrak is the easiest & most comfortable public transportation option.
By Plane: Book your flight to Sacramento International Airport (SMF). Please make prior arrangements for a ride from the airport or rent a car.
By Car: Carpooling is highly recommended. Call in advance and we will try to help coordinate rides.

Traveling on 1-80 heading east from Sacramento

- * Take the Hwy. 49 Grass Valley/Placerville exit. It is the second Auburn exit.
- * Turn left and head north to Grass Valley (approximately 22.5 miles).
- * Take the Empire State Mine/Hwy.20 W exit toward Marysville (0.1 miles)
- * Turn Left onto CA-20W toward Penn Valley/Marysville (approximately 7.5 miles)
- * Turn right at Pleasant Valley Rd. (approximately 7.5 miles).
- * Turn right on Sanctuary Rd. JUST before the South Yuba River State Park.
The first driveway to the right is the Meditation Hall. The second driveway to the right is the residence.

Traveling from Sacramento International Airport

- *From Airport Blvd. take I-5 South towards Sacramento/Yuba City.
 - * In approx. 6 miles, take the 1-80 exit towards Reno (1-80 East).
 - * In approx. 32 miles, take the Hwy. 49 Grass Valley/Placerville exit. It is the second Auburn exit.
 - *FOLLOW ABOVE DIRECTIONS: **Traveling on 1-80 heading east from Sacramento.**
 - *The airport is approx. 80 miles from Ananda Dhiira. The drive is about 1.5 hrs, depending on traffic.
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Registration Form

Please complete the form below to send along with your payment to

Ananda Dhiira
19393 Sanctuary Road
Penn Valley, CA 95946

Name(s) _____
Address _____ City _____ State _____
Zip Code _____ Phone# _____ E-mail _____
Number Attending _____ Amount Enclosed \$ _____

(please specify individual, couple, student, child)

Please make checks payable to Ananda Dhiira

Description: AD May Retreat 2011