

Sivananda Ashram Yoga Farm

Easter Retreat

Wisdom Medicine East Meets West

**Friday, March 30 –
Monday, April 2
2018**



Presented by

- **Swami Jnaneswariananda**
- **Swami Dharmananada**
- **Suprabha Jain MD**
- **Fred Luskin PhD**
- **Shani Robins PhD**

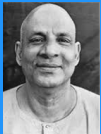
Special Kirtan Concert w/ Mirabai and Friends!

Enjoy daily Yoga classes,
Meditation, Chanting and
Organic Vegetarian Meals.

Attend workshops on Gratitude,
Forgiveness and Humility.

Easter is a time of renewal and affirmation of the universal wisdom within us. This special weekend of wisdom teachings will include experienced teachers integrating the classical Yoga teachings with Western approaches to physical, mental, and spiritual health. Practical techniques are offered on topics of Forgiveness, Gratitude, Humility, Meditation for Health. Connect to the natural beauty of the Ashram in the springtime to recharge and gain inspiration. There will be a Sunday morning Easter “egg” hunt for the kids.

\$90 plus accommodations. Call or visit yogafarm.org for more details.



Sivananda Ashram Yoga Farm

530-272-9322 | www.yogafarm.org

14651 Ballantree Lane, Grass Valley, CA 95949

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