

SADHANA: LIVING PATH OF YOGA

Family Retreat

August 7-15, 2010



DEAR FRIENDS,

Many of us took part in last year's retreat, and the ecstatic memories of those few days still reverberate within us. We are delighted to announce that we will have another Family Retreat this summer in the presence of Gurudev Nityananda at Shanti Mandir, Walden. The title of this retreat is "Sadhana: Living Path of Yoga," and the several different activities will reflect the theme of this retreat: "The Eight Limbs of Yoga." The weeklong retreat will commence on August 7th, and the finale will be a drama performance by the kids on August 15th, 2010, as part of the celebration of Baba Muktananda's Divya Diksha. With great respect and love, we invite everyone of all ages to join us for the entire week. This retreat promises to be a very festive and a celebratory one in the presence of Gurudev.

*The more time
we spend with the mind
totally absorbed in
the divine, the closer
is God.*

- GURUDEV NITYANANDA



MUKTANANDA SAYS,
"COME ALL."



Please note that the donation per person for the entire week in the retreat is \$180.00 (or daily rate of \$30). RSVP at smwalden@frontiernet.net and feel free to contact us with any questions. Once having received your confirmation, we will then inform you of the necessary items required.

