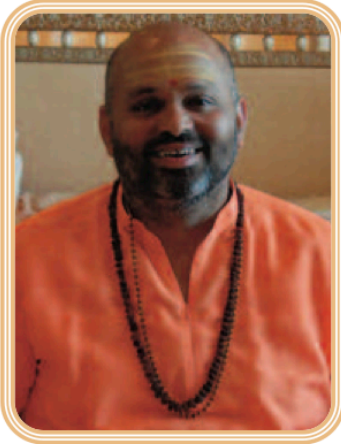


EVERY DAY YOGA *Family Retreat*

Tuesday, August 16 – Sunday, August 21, 2011



Dear Friends,

Namaste! Since the past couple years, the family retreats at Walden have been among the highlights of Gurudev Nityananda's summer visits, and the blissful memories of those days have left deep imprints on us. It is that time of the year again when we are given the unique opportunity to come together for the annual family retreat at Walden in the presence of Gurudev!

An authentic introduction to the wisdom of the sages provides us with a manual for how to live a contented life – a life in connection with the divine, and thus in harmony with ourselves, with society and with nature. That will be the theme of this retreat. We will learn and practice the way yoga teaches us to live each moment of life in the experience of contentment. The retreat will include meditation and chanting, practice of different forms of art, including music and drama, classes on Vedic rituals and festivals, workshops on Vedic philosophies and scriptural stories, presentations on environmental protection and conservation, sessions on healthy cooking and organic gardening, and more.

We welcome everyone of all ages to come and join us for this retreat!



*Meditate on your Self.
Worship your Self.
Kneel to your Self.
Honor your Self.
God dwells within you as you.*

– BABA MUKTANANDA



Please note that the donation per person for the entire retreat in the retreat is \$175.00 (or daily rate of \$35). 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.