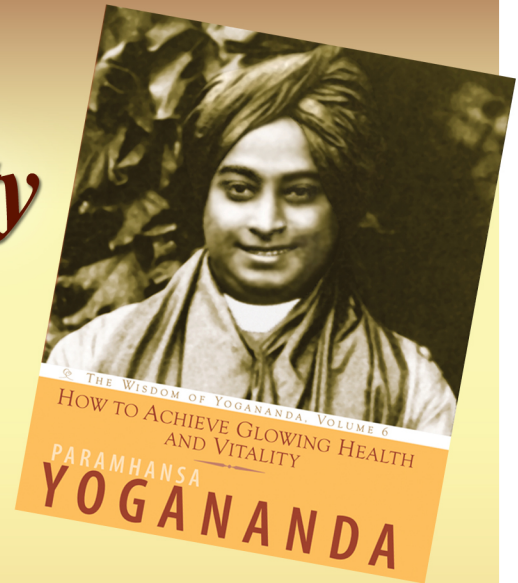


The Expanding Light Retreat presents

How to Achieve Glowing Health & Vitality

A 2 day workshop with Avital Miller
Nov 7 – 9, 2014



Who doesn't want more energy and joy?

This weekend will be packed with easy-to-follow healing techniques for the physical, energetic, mental, emotional, and spiritual levels.

You will learn ways to:

- Rejuvenate the body and mind
- Relax more consciously and deeply
- Increase your magnetism
- Feel more sustaining energy throughout your day

Your weekend will include:

- Diet tips for greater health and beauty
- Energization Exercises for manifesting more energy, will-power, & focus
- Meditation techniques to calm the mind and stimulate more joy
- Restorative Yoga for relaxation and rejuvenation

*"Diseases
are born of our
ignorance of the laws of
the body and mind. Right
eating, moderation, and
exercise will practically
banish disease from the
face of the earth."*

—Paramhansa Yogananda

This comprehensive weekend class is based on the book *How to Achieve Glowing Health and Vitality* by Paramhansa Yogananda. Yogananda shared many ways to draw energy into the body directly, through the use of will power. His wisdom about health is a treasure for a glowing lifetime.



With a longing to share the deeper aspects of yoga postures and the spiritual path, Avital Miller has worked as an Ananda Yoga Teacher Trainer and is the Sales and Marketing Director for Crystal Clarity Publishers, Ananda's publishing company. She teaches on the road to help promote Crystal Clarity's books, and has found her program on the book *How to Achieve Glowing Health and Vitality* to be especially popular.

Testimonials: "Avital Miller's warm spirit and congenial personality give everyone around her a sense of calmness, trust, care, openness, and love." —Newton Campbell, E-RYT 200, Newport Beach, CA

Take our free Radiant Health Quiz to learn more about your physical and mental health and spiritual well-being. <http://www.expandinglight.org/holistic-health/self-assessment-quiz.php>

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