



The Expanding Light

Spiritual Retreat for Meditation, Yoga, and Health

2012 Calendar of retreat programs



February

- 8-12 Kriya Yoga Preparation
- 9-11 Kriya Yoga Initiation
- 9-21 Ayurvedic Healing and Yoga Retreat in India
- 17-19 Learn to Meditate
- 17-19 Achieving Inner Peace and Tranquility
- 19-24 First-Timers' Week
- 24-26 You Can Change Your Brain and Transform Your Life
- 24-26 The Chakras: Inner Guide to Self-Realization
- 26-28 Personalized Therapeutic Yoga—midweek
- 29-3/4 How to Be Happy All the Time

March

- 2-4 Restorative Yoga for Women
- 6-8 Ananda Chair Yoga—a midweek program
- 8-11 The Deeper Practice of Yoga
- 9-11 Mandala Magic
- 9-11 Meditation Therapy for Health and Well-being
- 11-14 Restorative Yoga Teacher Training
- 11-25 Ananda Vacation in Hawaii
- 14-20 Principles of Yoga Therapy
- 15-18 How to Have Courage, Calmness, and Confidence
- 16-18 Treasures Along the Path
- 20-23 Yoga Therapy for Seniors & Osteoporosis
- 23-4/1 Meditation Teacher Training
- 23-25 Enlightened Aging
- 23-25 Learn to Meditate
- 30-4/1 First-Timers' Weekend

April Springtime at Ananda

- 1-29 Ananda Yoga Teacher Training
- 1-6 Fingerprints: Discover Your Life's Purpose
- 5-8 The Spirit and Healing Power of Jesus: An Easter Retreat

- 8-13 First-Timers' Week
- 13-15 An 11th Step Retreat for Women
- 13-15 Celebration of Women's Spirituality - Gaia House
- 14-15 Tulip Open House at Crystal Hermitage
- 15-20 Explore Your Creativity
- 20-22 Learn to Meditate
- 21-22 Tulip Open House at Crystal Hermitage
- 24-26 How to be Happy All the Time -midweek program
- 25-29 Practical Ayurveda for Self-Healing
- 27-29 Developing Intuition Retreat

May

- More to come**
- 4-6 First Timers' Weekend
- 4-6 Second Timers' Weekend
- 9-13 Kriya Yoga Preparation
- 10-13 Guided Silent Retreat - Gaia House Retreat
- 11-13 Kriya Yoga Initiation Weekend
- 11-13 Personalized Yoga Therapy
- 11-13 Women's Creativity Retreat
- 15-17 Learn Ananda Yoga - midweek program
- 17-20 Swami Kriyananda's Birthday Weekend
- 20-25 Ananda's Radiant Health Training
- 25-28 A Conference: The Yuga Cycle of the Ages and Our Awakening Consciousness

June

- More to come**
- 1-3 Vegetarian Cooking for Health & Vitality
- 1-3 Restorative Yoga for Women
- 6-10 Yoga Teacher Renewal
- 10-16 Principles of Yoga Therapy
- 10-15 How to Love and Be Loved
- 16-24 Musculoskeletal Yoga Therapy
- 17-22 First Timers' Week
- 17-24 Walking with William the Conqueror in France

- 23-29 Experience the Higher Teachings of Yoga
- 28-7/1 Anniversary of Ananda and Ananda's Education for Life School

July

- More to come**
- 1-6 Education for Life Training - for parents & teachers
- 6-8 First-Timers' Weekend
- 6-15 Meditation Teacher Training 1
- 8-13 Creativity and Your Chakras
- 15-8/12 Ananda Yoga Teacher Training
- 17-19 Ananda Chair Yoga - a midweek program
- 20-22 How to be Happy All the Time
- 22-28 The Essence of the Yoga Sutras
- 27-29 Magnetism: The Power to Attract What You Need
- 29-8/5 Advanced Pranayama

August More to come

- 10-12 Communing with Aum - Advanced Practices
- 12-17 Take Care of Yourself
- 17-19 Fingerprints: Discover Your Life's Purpose
- 17-19 Harmonium Chanting Workshop
- 19-26 Spiritual Renewal Week
- 22-26 Kriya Yoga Preparation

Ananda Yoga Teacher Training

October 21- November 18

Meditation Teacher Training

October 12- 21

Ananda Radiant Health Training

September 16-22 For a Healthy Lifestyle

Online Courses

Vegetarian Cooking for Health & Vitality >>>

* Call ahead to make sure the tulips are blooming

www.expandinglight.org | 800.346.5350

Visit our website to see our complete calendar, view video testimonials, opt-in to receive informative emails and special offers.

The Expanding Light

Spiritual Retreat for Meditation, Yoga, and Health

Meditation

True meditation is a way to commune with the divine within yourself. In order to touch this deep, inward place, it's invaluable to learn in a calm and focused environment.

Over the past 40 years, thousands of people have meditated here, creating a uniquely peaceful atmosphere. We offer you the practical, in-depth approach to meditation brought to the West by Paramhansa Yogananda. These techniques can take you beyond relaxation to a profound connection with your own higher Self.

Upcoming programs:

Learn To Meditate
Meditation Teacher Training
The Chakras: Inner Guide to Self-Realization
Achieving Inner Peace and Tranquility



Professional Trainings:

Spiritual Counselor Training
Meditation Teacher Training
Yoga Teacher Training - 200 and 500 hours
Yoga Therapist Training

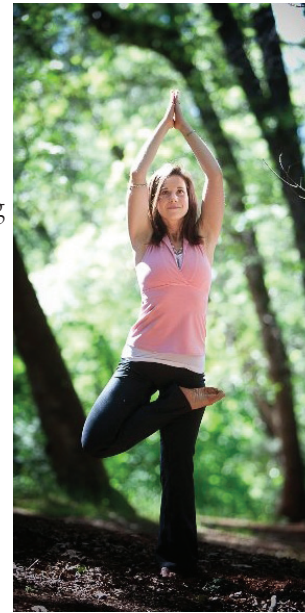
Ananda Yoga

For more than 40 years Ananda has been a recognized expert in the deeper aspects of the Yoga science – from asana, pranayama, and meditation, to yoga philosophy, teaching, methodology, and lifestyle.

The Expanding Light offers a wider range of yoga programs including professional teacher certifications, and introductory classes.

Upcoming programs:

Yoga Teacher Training
200 and 500 hours
Restorative Yoga Teacher Training
Yoga Therapist Teacher Training
Ayurveda and Yoga Therapy
Personalized Therapeutic Yoga



Expanding Light Presents:

Memorial Day Weekend May 25-28, 2012

The Yuga Cycle of the Ages & Our Awakening Consciousness

Well known presenters including Amit Goswami, Joan Borysenko, Walter Cruttendon, Robert Schoch, Swami Kriyananda, Christopher Dunn, Claude Swanson, as well as new voices Uma Krishnamurthy, Joseph Selbie and David Steinmetz with outstanding information to share.

www.expandinglight.org

Personal Retreat Programs

Join us for Personal Retreat Programs almost any day of the year.

Holistic Health & Wellness Classes

At The Expanding Light we can help you learn ways to increase your energy for life, and then apply this new found energy towards more healthy living.

Our most popular programs include....

The Chakras
How To Live With More Energy
How To Be Happy All the Time
Achieving Inner Peace and Tranquility
How To Have Courage, Calmness and Confidence
Take Care of Yourself
Ananda Radiant Health Training

Visit our website for....

Video testimonials
Free talks by our teachers
Free Health Quiz
Online support
Ask A Teacher
Sign-up for monthly e-zine

Vegetarian Cooking for Health & Vitality

A yearly online subscription program

Diksha McCord's unique online cooking course: Learn how to prepare delicious meals with high consciousness, for greater health and vitality.

