

Experience the Essence of Yoga

**Ananda Yoga and More
with Gyandev & Diksha McCord**

Saturday, January 27 at Perfect Balance Yoga, Fresno

Bonus: Attend both sessions to receive a 20% discount at The Expanding Light Retreat in Nevada City, CA

Explore the Bhagavad Gita through Asana

**Ananda Yoga® Workshop
with Gyandev McCord**

Saturday, Jan. 27 ★ 9:00AM–1:00PM

If you're seeking the deeper dimensions of Yoga, you'll love this down-to-earth, practice-based exploration of the transforming wisdom of Yoga's renowned scripture: the *Bhagavad Gita*. Gyandev has a special gift for bringing those teachings to life—clearly, experientially, and enjoyably—through the gentle power of

Ananda Yoga. You'll learn the *Gita's* keys to harnessing your mind and subtle energy to deepen your practice of asana, pranayama and meditation. You'll gain valuable insights and versatile tools for happy, successful living. Above all, you'll discover how the *Gita's* simple-yet-profound insights can give a powerful boost to your spiritual life.

This workshop is appropriate for all levels of hatha yoga experience, although detailed asana instruction will not be a focus.



The Mahabharata Comes Alive!

**Storytelling • Dance • Enchantment
with Gyandev & Diksha McCord**

Saturday, Jan. 27 ★ 7:00–9:15PM



Treat yourself to a riveting, magical journey into the *Mahabharata*, India's most beloved epic. Gyandev and Diksha share their special talents for bringing this rousing tale dynamically to life, with everything you could ever want in a story:

adventure, intrigue, heroism, villainy, romance, surprises, inspiration—even humor. And at the heart of the story is the very heart of Yoga: the *Bhagavad Gita*. Transcending any culture or religion, this is the story of your own soul-quest for the freedom and bliss that are your divine birthright. Join us for a delightful and unforgettable evening.

The presentation is oriented toward adults. Children 9 & over who can sit quietly for extended periods are welcome.



**Both sessions offer Continuing Education credit for Yoga Alliance RYT's.
Please see next page for costs and registration details.**

Gyandev & Diksha McCord

Gyandev and Diksha have 30+ years of experience teaching all aspects of yoga in the U.S., Canada, India, and Europe. Both are longtime disciples of Paramhansa Yogananda, Ananda ministers, and life coaches. They live at Ananda Village, a community of Yogananda devotees in Northern California (www.ananda.org), where they teach at Ananda's retreat center, The Expanding Light (www.expandinglight.org).

Gyandev directs Ananda Yoga® Teacher Training and Ananda Yoga worldwide. A co-founder of Yoga Alliance, he is also a professional storyteller and has authored

two popular yoga videos (*Yoga to Awaken the Chakras* and *Yoga for Busy People*), two yoga therapy books (for headaches and insomnia), and a new yoga therapy CD (*Ease into Sleep*).

Diksha co-directs Ananda's Meditation Teacher Training and Spiritual Counselor Training programs. She co-created the Indian-inspired dance form that you will see on Saturday night. She has also authored a new CD (*Meditation for Inner Peace*) and two acclaimed vegetarian cookbooks: *Global Kitchen* and *Vegetarian Cooking for Starters*.

Gyandev's and Diksha's products will be available for purchase at both sessions (cash or check only, please).

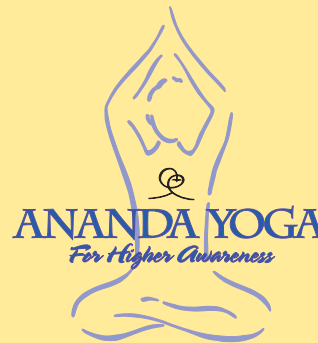
Directions

Perfect Balance Yoga (559-222-6212) is at 5091 N. Fresno St, Suite 133: NW corner of N. Fresno & Shaw, at north end of Gallery Plaza, near *The Grape Tray* and *IMG Home*. Exit Freeway 41 at Shaw Avenue.



*When soul bliss is attained,
every trace of sorrow disappears.*

—Bhagavad Gita



More Information

Prepay by Jan. 15 for a discount, or pay via cash or check at the door. Attend both sessions to receive another discount (*see below*) plus a special retreat bonus (*see top of preceding page*). For questions, please contact Cynthia Saffell at 559-229-9265 or cynthiasaffell@yahoo.com.

Cancellation Policy: 50% refund if you notify Cynthia by Jan. 15. No refunds for no-shows, or cancellations after Jan. 15.

To Register

Check the box indicating your choice of session(s), and send this form with your check (payable to R. McCord) to Cynthia Saffell, 508 E. Acacia, Fresno, CA 93704. If registering two or more persons, please include a note explaining who will attend which session(s).

Costs

- | | PAYMENT RECEIVED: <u>BY JAN. 15</u> | <u>AFTER JAN. 15</u> |
|--|-------------------------------------|----------------------|
| <input type="checkbox"/> Both Sessions (<i>discounted</i>) | \$50 | \$65 |
| <input type="checkbox"/> Explore the Bhagavad Gita through Asana (<i>Sat. 9:00AM-1:00PM</i>) . . | \$45 | \$55 |
| <input type="checkbox"/> The Mahabharata Comes Alive! . . \$15 | \$15 | \$20 |
| <i>(Sat. 7:00-9:15PM—Half price for children 9-17. Please do not bring children under 9.)</i> | | |

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE(S) _____

E-MAIL _____