

Come and stay! at The Expanding Light

Ananda's Spiritual Retreat for Meditation, Yoga, and Health



We invite you to come any day of the year for your own personal retreat, for a weekend or week-long program, or for a longer teacher training program.

For the last 40 years, we have been welcoming guests from all over the world, from all spiritual backgrounds. Our retreat is nestled in the 800 acres of Ananda Village, an intentional spiritual community, founded on the teachings of Paramhansa Yogananda.

The retreat environment is very peaceful and uplifting, healing and transformative.

Calendar of Programs Winter Spring Summer Fall 2010

January

- 1-3 Take Care of Yourself
- 8-10 8 Steps for Successful Meditation
- 8-10 Kriya Yoga Initiation Weekend
- 15-17 Learn Ananda Yoga
- 15-17 Living in Simplicity
- 19-21 Flexibility Past 50: A mid-week program
- 21-24 Alive with Color
- 22-24 First-Timers' Weekend
- 24-31 Vedic Sciences
- 29-31 Learn to Meditate
- 31-2/7 Inner Renewal Week

February

- 9-11 Secrets of Emotional Health: A mid-week program
- 9-26 Ayurvedic Healing Retreat in Kerala, India
- 12-14 Spiritualize Your Marriage Weekend
- 12-14 Art for Self-Healing and Spiritual Growth
- 16-18 For the Love of Yoga: A mid-week program
- 19-21 Relax & Renew Retreat
- 21-26 First-Timers' Week
- 26-28 Learn to Meditate
- 26-28 The Meaning of Dreaming
- 28-3/5 Fingerprints: Discover Your Life's Lessons

March Care for Caregivers Month

- 5-7 The Path of Kriya Yoga
- 5-7 Relationships That Work
- 9-11 Flexibility Past 50: A mid-week program
- 12-14 Take Care of Yourself
- 12-14 First-Timers' Weekend
- 12-21 Meditation Teacher Training 1
- 19-21 Secrets of Forgiveness
- 19-21 Learn Ananda Yoga Retreat
- 21-4/18 Ananda Yoga Teacher Training
- 23-25 How to Be Happy All the Time: A mid-week program
- 26-28 The Chakras: Inner Guide to Self-realization
- 26-28 Learn to Meditate
- 26-28 Kriya Yoga Initiation Weekend

Springtime

AT ANANDA



- April Springtime at Ananda
 - 2-4 Find Your Inner Strength
 - 9-11 How to Live with More Energy
 - 10&11 Crystal Hermitage Tulip Open House
 - 11-16 First-Timers' Week
 - 17&18 Crystal Hermitage Tulip Open House
 - 18-23 Vibratory Healing Experience
 - 23-25 Restorative Yoga Weekend
 - 23-25 Open Your Heart to Life
 - 29-5/2 Extra-Gentle Yoga
 - 30-5/8 Restorative 7-Day Cleansing Diet Retreat

May ~ More programs coming! See the website!

- 12-16 Kriya Yoga Preparation
- 13-16 Yoga for Neurological Health
- 14-16 Kriya Yoga Initiation Weekend
- 14-16 Experiencing the Divine in Nature
- 18-20 Learn to Meditate: A midweek program
- 23-29 Ananda Radiant Health Training
- 28-30 Women's Renewal Retreat

Your stay includes: A range of accommodations—cabins, shared rooms, private deluxe rooms, and tenting, two daily guided yoga & meditation sessions, a variety of classes and experiences, and delicious vegetarian meals.

Additional guest services: A range of wellness treatments at The Center for Radiant Health, Spiritual Counseling, a beautiful gift shop, hiking/running/biking opportunities.

June ~ More programs coming! See the website!

- 4-6 First-Timers' Weekend
- 6-11 Ayurvedic Yoga Retreat
- 10-13 Yoga for Cyclists
- 11-13 Take Care of Yourself
- 13-18 First-Timers' Week
- 18-27 Meditation Teacher Training 1
- 20-27 Yoga Therapy
- 25-27 Kriya Yoga initiation Weekend

July ~ Looking Ahead to Summer and Fall

- 1-4 41st Anniversary Weekend
- 4-11 Advanced Pranayama
- 11-18 The Essence of the Yoga Sutras
- 11-8/8 Ananda Yoga Teacher Training
- 25-31 Meditation Teacher Training 2

August

- 8-15 Spiritual Renewal Week
- 11-15 Kriya Yoga Preparation and Initiation
- 22-28 Ananda Yoga Intensive

September

- 24-10/2 7-day Cleansing Diet Retreat

October

- 3-9 Ananda Radiant Health Training
- 15-24 Meditation Teacher Training 1
- 24-11/21 Ananda Yoga Teacher Training

