



THE EXPANDING LIGHT

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



A place of inner transformation

Radiant Health

Kriya Yoga

Personal Retreat

Ananda Yoga

Online Learning

Meditation

Professional Certification

2011

Programs & Trainings, Calendar, Special Events, and more...

We invite you



to our retreat for inner transformation and growth.

Please come visit us and experience for yourself the wonderful, supportive environment of The Expanding Light Retreat. Join the fellowship of those who come to find their own highest Self. You will benefit from the joyful vibration, serviceful staff, beautiful natural setting, lovely accommodations and the deeply meaningful teachings.

Some people notice a wonderful energy as soon as they set foot on The Expanding Light grounds. Others find this energy slowly flooding through them as their program proceeds. Yet others suddenly find that they are filled with joy. But no matter when one recognizes the flow of joyful, peaceful energy that suffuses The Expanding Light: It is always present. It is always powerful. And it is always uplifting.

Meet the challenges and victories of your own spiritual journey in the company of friends who support your inner growth and higher aspirations.



Expand your sense of harmony, and gain an increased sense of God's loving presence in your life.

We look forward to serving you as our guest,

Timothy

General Manager



Ananda Village

Home to The Expanding Light Retreat, Ananda Village is one of the most successful spiritual communities in the world, based on the twin principles of "simple living and high thinking." Ananda Village was founded in 1968 by Swami Kriyananda, one of Paramhansa Yogananda's foremost disciples.

The Ananda community is situated on 800 acres of meadows and forests in the foothills of the Sierra Nevada in northern California, just outside Nevada City. Today, 250 adults and children reside here. Ananda Village is part of a worldwide community of Ananda residential communities in the United States, Italy, and India, with some 1,000 residents worldwide. Ananda Worldwide provides spiritual support and guidance to many thousands of people. Guests are welcome to tour Ananda village and participate in community events.

Yogananda, Ananda, and The Expanding Light respect all spiritual traditions and all cultures. People from every faith and background—and those who are simply interested—are genuinely welcomed here. The techniques taught at The Expanding Light support your own personal spiritual unfoldment. These teachings deliver practical tools to transform your life, and are based on proven yogic principles.

Whatever your path, your stay at the retreat and visit to Ananda Village will bring more happiness and harmony to everything you do!



Paramhansa Yogananda



Three ways to connect



The Expanding Light Retreat

Visit us for a relaxing personal retreat, attend a program, or transform your life through a professional training. We offer more than 120 programs in stress management, health & diet, meditation, yoga, and more. We can customize programs for your group's needs.

Our spiritual retreat has simple and uplifting types of affordable accommodations. Serenity House is an inn-style house with twelve air-conditioned rooms, four hall bathrooms and a comfortable lounge. Harmony House has deluxe rooms with private baths and entrances. We have cabins for two, camping, and RV sites.

The food is enriching beyond what you would expect from the well-balanced vegetarian meals—because it is infused with love. We recognize the Divine in everyone. We feel that we are serving God through serving our guests, and welcome you warmly. www.expandinglight.org



Crystal Hermitage Gardens and Wedding Chapel

Sweeping vistas, luxurious gardens, pristine forests provide an ideal setting for your wedding day. Our lovely stone Chapel, based on the Porziuncola, The Little Church of St. Francis in Assisi, Italy, seats 50 and offers an intimate and deeply inspiring atmosphere for your wedding ceremony. Guests can stay at Gaia House Retreat. www.crystalhermitage.org



Gaia House Retreat

An uplifting group retreat house

Gaia House, located at Ananda Village has spectacular views of the beautiful Sierra Nevada Foothills. The relaxed atmosphere will lend inspiration and focus to your group event. Gaia House has six bedrooms and sleeps twelve. www.gaiahousetretreat.com



Gaia House is perfect for

- Creative workshops
- Regional business retreats
- Non-profit staff conferences
- Family reunions
- Yoga and meditation retreats
- Church retreats
- Women's retreats
- Men's retreats
- Healing workshops
- Educational workshops and seminars
- Green company staff retreats



Radiant Health Programs for transformation

Using Energy to Bring Us Health

by Gyandev McCord,
Director of Ananda Yoga Programs

Few people realize that the secret of health is high energy and making choices to improve one's energy. At The Expanding Light our health programs are based on the proven practices Paramhansa Yogananda taught. One of the central elements is how to work with energy – to attune to it, increase it, and direct it. Our programs will help you learn tools and techniques to transform your lifestyle to bring about more radiant health.

When we get onto the topic of health and energy, a natural association comes to mind and we think: When I am healthy, I have more energy! We do all our health practices, such as eating right and exercising, and we think that these are going to bring us health. In fact what these practices do is simply prevent us from erecting barriers to our health.

In this emerging age of higher consciousness, we can start to have a more refined understanding of what brings about health. We now see energy as the causative factor in this world, and we can understand that it isn't that health brings us energy, it's that energy brings us health, especially when that energy is abundant and is flowing freely and harmoniously through the body.

Four Points to Lead Us in the Direction of Health:

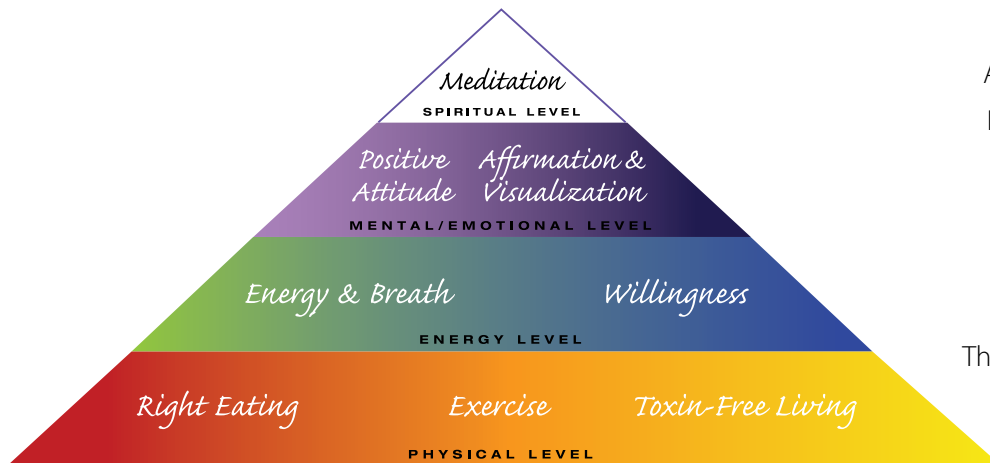
A high level of energy; an attitude of willingness; not wasting energy; and not obstructing the flow of energy.

Instead of just thinking about good health practices (diet, exercise, etc.) all of which are good, or thinking about energy as if it were gasoline filling up your car at the pump, try to make an ever greater connection with the Source of that energy as the source of health and all well-being. You may do that every day in your meditations and other yoga practices.

Most people, when they think about health, say, "Please give me health, God." A more effective way is to use your God-given talents to allow you to draw

more and more of that divine energy consciousness into yourself.

With increased energy, you will make more of a connection with the divine, because energy is divine. And with that greater connection with God, there will in turn be a greater flow of energy in your life. As this experience deepens, you will have a true experience of inward health—and when your ill-health karma is not too great, you will have outward health as well. Even if perfect outward health is not to be yours, your divine connection will be your support at all times.



The Ananda Radiant Health Pyramid
the basis of our teachings about health

Programs for Radiant Health

- Ananda's Radiant Health Training
- Yogananda's 7-Day Cleansing Diet
- Ayurvedic Healing Retreat in Kerala, India
- Relax, Align, Recharge with Ananda Yoga
- How To Live with More Energy
- Take Care of Yourself
- Relax and Renew Retreat
- Practical Ayurveda
- The Chakras: Inner Guide to Self-realization
- Achieving Inner Peace and Tranquility
- Restorative Yoga for Women
- Yoga and Martial Arts

Immerse yourself in an environment that will support you in every way.



Take the next step on your spiritual path

Meditation

Over the past 40 years, thousands of people have meditated at The Expanding Light, 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.
www.expandinglight.org/med/meditation

Ananda Yoga® for Higher Awareness

If you want a truly spiritual yoga—whether you are a beginner, or an experienced practitioner looking for your next step—Ananda Yoga has much to offer. This goes beyond “workout yoga;” it is a powerful, yet gentle, classical approach that gives you vitality, relaxation, healing, and above all, spiritual deepening. Come experience yoga’s original spiritual essence, as well as its many scientifically proven physical and psychological benefits. www.expandinglight.org/yoga



Kriya Yoga

Kriya Yoga is the most advanced technique of meditation that Paramhansa Yogananda brought to the West. It is described beautifully in his *Autobiography of a Yogi*, in which he calls it “the airplane route to God.” To learn more...
www.expandinglight.org/med/kriya/

Personal Retreat

Here’s a wonderful way to combine personal quiet time and spiritual inspiration. Come anytime and follow your own schedule, and participate in optional classes as you wish.
www.expandinglight.org/personal-retreat

International Travel: Ayurvedic Healing Retreat in Kerala, India

Imagine the perfect vacation: deep relaxation and Ayurvedic healing treatments, combined with yoga and meditation guided by Gyandev and Diksha McCord of The Expanding Light, plus a variety of delightful Indian cultural experiences—all at Kerala’s finest seaside Ayurvedic retreat. Join us in February 2012!

www.expandinglight.org/international-retreats



Karma Yoga

Spiritualize your life with a two-week to three-month stay in our ashram environment. This program is designed to balance body, mind, and soul, through the study and practice of Raja Yoga—much more than yoga postures—using tools of yoga philosophy and meditation to transform your consciousness as you live and serve with others.
www.expandinglight.org/karma-yoga



“Within a few days I began to experience a peace and joy that I had never felt before in my entire life. What was unique and wonderful about this vacation was that the new level of peace I felt was a direct result of the yoga lifestyle I was living at The Expanding Light Retreat.”

—Annalisa Cunningham, Author,
Yoga Vacations: A Guide to International Yoga Retreats

Certified Teacher Trainings

Ananda Yoga® Teacher Training

Share the original, spiritual dimension of yoga, as well as all its physical and psychological benefits. This first-rate training is a dynamic blend of professional training and personal growth—backed by 30+ years of experience. Two levels: 200 & 500 hours, both registered with Yoga Alliance.



Ananda Yoga® Therapist Training

Learn to help people with specific health problems through the application of Yoga techniques and principles, including guidelines for a healthier lifestyle. You will be trained in therapeutic techniques that address all levels: physical, psychological, and spiritual.



Meditation Teacher Training

Research has proved the value of meditation for stress management and for many health conditions. Ananda's training will help you offer its spiritual benefits as well. You'll learn how to teach anyone, in any setting—from yoga studios to churches to corporations.

NEW Online Learning

We'll be launching new online classes in 2012—visit our website for more details.



800.346.5350 | www.expandinglight.org



Wanderlust Festival Lake Tahoe, California

July 28–31

Join us this year as we host Ananda's Expanding Light Meditation Dome at the Wanderlust Festival.

Wanderlust is a one-of-a-kind yoga and music festival in a setting of breathtaking natural beauty at Squaw Valley. It is an environment in which to relax, explore the many facets of yoga practice and lifestyle, and be part of a community of like-minded people who share a love and passion for yoga.

The Expanding Light will provide dynamic programs in the Meditation Dome at the festival in the summer of 2011. Join us and share in the light!

www.wanderlustfestival.com



The Expanding Light Staff

Retreat staff and teachers are all residents of Ananda Village and disciples of Yogananda. Teaching staff are long-time meditators and many have lived a yogic lifestyle at the Village for more than 25 years. All staff are deep resources for spiritual wisdom and integrity.



2011 Calendar of retreat programs

February

- 4-6 How to Be Happy All the Time
- 4-6 Relax and Renew Retreat
- 6-13 Inner Renewal Week
- 9-13 Kriya Yoga Preparation
- 11-13 Kriya Yoga Initiation
- 10-22 Ayurvedic Healing Retreat in Kerala, India
- 18-20 Learn to Meditate
- 18-20 The Chakras: Inner Guide to Self-realization
- 20-22 Personalized Therapeutic Yoga
—A mid-week program
- 20-25 First-Timers' Week
- 25-27 Learn Ananda Yoga
- 25-27 Achieving Inner Peace and Tranquility

March

- 1-3 Yoga for a Stronger Nervous System
—A mid-week program
- 3-6 The Deeper Practice of Yoga:
Bridge to Ananda Yoga Part I
- 4-6 First-Timers' Weekend
- 4-6 Yogananda and William the Conqueror
- 10-13 Launch Your Spiritual Life
- 11-13 Restorative Yoga for Women
- 13-18 Make Meditation a Life Skill
- 18-27 Meditation Teacher Training I
- 18-20 Yoga as a Spiritual Practice
- 25-27 The Heart of Yogananda
- 25-27 Bring Your Spirituality into the Workplace
- 27-4/24 Ananda Yoga Teacher Training

April Springtime at Ananda

- 1-3 Transform Your Life Through Handwriting
- 1-3 Courage, Calmness, Confidence:
Yoga and Martial Arts for a More Powerful You
- 1-3 Divine Mother Retreat for Women
- 3-8 Fingerprints: Discover Your Life's Purpose
- 9&10 Tulip Open House at Crystal Hermitage
- 10-15 First-Timers' Week
- 13-17 Practical Ayurveda for Self-Healing
- 15-17 Developing Intuition

April cont

- 16&17 Tulip Open House at Crystal Hermitage
- 19-21 An Ananda Sampler—A midweek program
- 21-24 The Spirit and Healing Power of Jesus:
An Easter Retreat
- 22-24 How to Be Happy All the Time
- 28-5/1 Relax, Align, Recharge with Ananda Yoga
- 29-5/7 7-Day Cleansing Diet Retreat

May

- 6-8 Learn to Meditate
- 6-8 Mother and Daughter Retreat
- 12-15 The Deeper Practice of Yoga:
Bridge to Ananda Yoga Part I
- 13-15 Alive with Raw Foods at Gaia House
- 13-15 First-Timers' Weekend
- 15-20 Courage, Calmness, Confidence:
Yoga & Martial Arts for a More Powerful You
- 20-22 Swami Kriyananda's Birthday Weekend
- 22-28 The Deeper Teachings:
Exploring with Ananda Yoga
- 27-29 Women's Creativity Retreat
- 27-30 Yoga Getaway for Memorial Day

June More to come

- 1-5 Kriya Yoga Preparation
- 3-5 Kriya Yoga Initiation Weekend
- 3-5 The Heart of Yogananda
- 3-5 Food For Health and Vitality at Gaia House
- 8-12 Yoga Teacher Renewal
- 12-17 First Timers' Week
- 12-19 Principles of Yoga Therapy
- 16-19 Sierra Cycling
- 19-26 Musculoskeletal Yoga Therapy
- 19-26 Advanced Pranayama
- 26-29 Restorative Yoga Teacher Training
- 26-7/1 Education for Life Teacher Training

• Programs in Green are held at Gaia House

April is a heavenly month to stay at The Expanding Light as the nearby Crystal Hermitage Gardens are in bloom with more than 8,000 tulips. Join visitors from around the world to soak in the healing energy and uplifting beauty these gardens provide.



July More to come

- 1-4 Ananda's Anniversary Weekend
- 8-10 First Timers' Weekend
- 8-17 Meditation Teacher Training I
- 10-15 Take Care of Yourself
- 17-8/14 Ananda Yoga Teacher Training
- 31-8/6 The Essence of the Bhagavad Gita
- 28-31 Wanderlust Festival at Lake Tahoe

August More to come

- 5-7 Communion with AUM:
Advanced Meditation
- 14-21 Spiritual Renewal Week
- 17-21 Kriya Yoga Preparation & Initiation

October More to come

- 14-23 Meditation Teacher Training
- 23-11/20 Ananda Yoga Teacher Training

We are a provider with the California Board of Registered Nursing. Visit our website for a list of courses qualifying for CEUs.

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

www.expandinglight.org | 800.346.5350

Ananda and The Expanding Light Retreat



*A place of transformation
and upliftment*

Take a look inside...

2011 Expanding Light Calendar

Article: What is Real Health?

Discover Ananda Village

Introducing Gaia House



The Expanding Light

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Highlights and Special Events



Wanderlust Festival

Lake Tahoe, CA

July 28–31

Visit Ananda's Expanding Light Meditation Dome at Wanderlust Festival this Summer.

Our teaching staff, and other visiting teachers, will offer many dynamic programs about meditation, and it's relationship to yoga.



Education for Life Teacher Training

June 26–July 1

Education for Life is a revolutionary approach to working with young people that draws the highest from each child. In an Education for Life school young people discover who they are as human beings, how to make decisions that promote personal happiness and harmony, and how to focus their attention to succeed at whatever they attempt.



Springtime at Ananda

April 9–18

Visit Ananda Village this April and enjoy 8000 tulips at the spectacular Crystal Hermitage Gardens and Shrine. Set amidst soaring mountain vistas the terraced gardens, Chapel, and Shrine provide a very peaceful place that is uplifting and rejuvenating



Yoga Teacher Renewal

June 8–12

Renew yourself—and your teaching—through professional training, personal deepening, relaxation, and quality time with your peers in Ananda's spiritually charged environment. Donation-basis program with universal appeal for yoga teachers of any style.