

Yoga to Magnetize Your Life

DYNAMIC ENERGY FOR SUCCESS

with Gyandev & Diksha McCord

Sedona, AZ
May 3-6, 2007



Nazareth, KY
May 11-13, 2007



Willard, WI
May 25-27, 2007

Bonus
Participants get a **20% discount** at The Expanding Light, Ananda's retreat.
www.expandinglight.org

Tap the Power Behind All Success

Yoga transforms you, right? Yet few people know how to work *directly* with the subtle magnetic power that makes it happen. It's one of your natural gifts, and it's the key to success in every area of life—both inner and outer. Come learn to develop, increase, and above all, *use* that magnetism:

- Create opportunities—and turn them into successes
- Become a dynamo of will power
- Strengthen your aura to create harmony around you and protect yourself from negative influences
- Overcome the three main obstacles to success
- Bring more power and depth to your meditations
- Strengthen your connection with God

Techniques for Greater Magnetism

You'll begin with the gentle power of Ananda Yoga®—an ideal tool for increasing your magnetism. You'll also explore special techniques to attract true success, magnetic everyday living, mantras for protection, secrets of the "divinely magnetic" heart, and more—all from the teachings of the great Yoga master, Paramhansa Yogananda, author of the spiritual classic, *Autobiography of a Yogi*.

Come experience the power, practicality, versatility—and yes, magnetism—of true Yoga.

Relax in Supportive Serenity

You'll enjoy one of these three beautiful retreat sites:

- The Arroyo Roble Hotel & Villas in Sedona, AZ
- Catherine Spalding Retreat (near Louisville, KY)
- The Christine Center (near Eau Claire, WI)

In KY and WI, you'll also enjoy delicious menus from Diksha's highly acclaimed vegetarian cookbooks.

Weekend Schedule

Your retreat begins at 5:00 P.M. on the first day listed, and ends by Sunday noon. Each day offers a full schedule of yoga practice, workshops and other activities. The Sedona retreat also includes an outing in the beautiful Red Rock Country.

If you would like additional, personal guidance—spiritual counseling, life coaching, yoga or meditation clinic, yoga therapy—please reserve a Private Session with Gyandev or Diksha via the registration form.

For More Information

If you have questions, please contact:

Sedona, AZ.....Daniella Ferrari, 928-203-1031,
dmferrari@commspeed.net

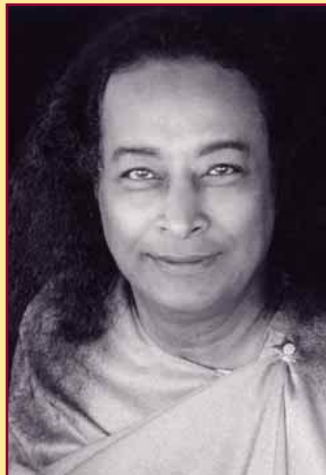
Nazareth, KY.....Mary Joe Bowling, 859-236-8954

Willard, WI.....Jennifer Valentine, 608-797-1990,
arkjmv@aol.com

Please see next page for costs and a registration form.

*Opportunities in life
come by creation,
not by chance.*

—Paramhansa
Yogananda



All Levels Welcome

(Note: Detailed asana instruction will not be a main focus.)



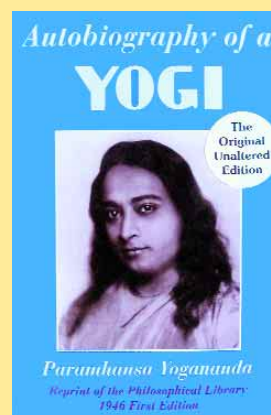
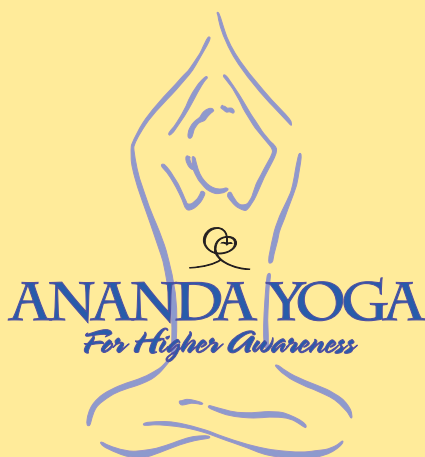
Continuing Education Credit
for Yoga Alliance RYT's



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).

Gyandev directs Ananda Yoga® Teacher Training and co-founded Yoga Alliance. He has authored two yoga videos (including *Yoga to Awaken the Chakras*) and two yoga therapy books (for headaches and insomnia). Diksha co-directs Ananda's Meditation Teacher Training and Spiritual Counselor Training programs. She has authored several CDs and two popular vegetarian cookbooks: *Global Kitchen* and *Vegetarian Cooking for Starters*.



from the teachings of
Paramhansa Yogananda

To Register

Please send this form with your check (payable to R. McCord) to the address listed for your retreat. You'll receive a confirmation, driving directions, weekend schedule, etc. Fees shown below are *per person* and include all classes and (except in Arizona) meals. Shared rooms are for two persons except where noted.

Cancellations: If you cancel at least 3 weeks before your retreat, your payment will be refunded, less a \$50 processing fee. No refunds for later, non-emergency cancellations, or for no-shows.

Arizona • May 3–6

Tuition\$249 until April 5
\$279 after April 5

Lodging: If you reserve via Daniella (contact info below or page one), you can get Arroyo Roble's special group rate: \$150/night (+tax) total for up to four persons in a room, with breakfast. Or you can stay elsewhere if you prefer.

Meals: We'll have optional group outings for meals (not included in fees).

Send to: Daniella Ferrari,
P.O. Box 4167, Sedona, AZ 86340

Kentucky • May 11–13

Fees are \$25 higher after April 13.

- Private room, hall bath\$269
- Shared room, hall bath.....239
- Couple's room w/bath.....229
- Couple's room, hall bath.....219
- Commuter..... 189

Send to: Mary Joe Bowling,
406 Maple Av, Danville, KY 40422

Wisconsin • May 25–27

Fees are \$25 higher after April 27.

- | | SHARED | PRIVATE |
|---------------------------------------|--|--------------------------------|
| Guest Room* .. | <input type="checkbox"/> \$244 | <input type="checkbox"/> \$294 |
| Hermitage** | <input type="checkbox"/> 254 | <input type="checkbox"/> 323 |
| | <input type="checkbox"/> 221 (3–5 persons sharing) | |
| Cabin° | <input type="checkbox"/> 219 | <input type="checkbox"/> 259 |
| My Own Tent† <input type="checkbox"/> | 174 | <input type="checkbox"/> 174 |

*Private bath. **Private bath and kitchenette.
°No running water. †Call if using your RV.

Send to: Jennifer Valentine,
W26723 Reit Lane, Arcadia, WI 54612

NAME(S) _____

Circle: Male / Female

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE(S) _____

E-MAIL _____

Please reserve a 40-minute Private Session for me on Sunday after the retreat. (I've enclosed the \$50 fee.)