

THE EXPANDING LIGHT

Anandas Spiritual Retreat for Meditation, Yoga, and Health



2011 Calendar of retreat programs

Gaia House RETREAT

A relaxed atmosphere that will lend inspiration
and focus to your group event for 12

www.gaiahouseretreat.com



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 1
- 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 1
- 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
- 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
- 29-5/1 Learn to Meditate
- 29-5/7 7-Day Cleansing Diet Retreat

May

- 6-8 Mother and Daughter Retreat
- 8-14 Ananda Radiant Health Training
- 12-15 The Deeper Practice of Yoga:
Bridge to Ananda Yoga Part 1
- 13-15 *Alive with Raw Foods**

May cont

- 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
- 29-6/3 Recharge Your Meditation Practice

June

- 1-5 Kriya Yoga Preparation
- 3-5 Learn to Meditate
- 3-5 Kriya Yoga Initiation Weekend
- 3-5 The Heart of Yogananda
- 3-5 *Food For Health and Vitality**
- 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

July **More to come**

- 1-4 Ananda's Anniversary Weekend
- 8-10 First Timers' Weekend
- 8-17 Meditation Teacher Training 1
- 10-15 Take Care of Yourself
- 14-17 Sierra Trails: Hiking with Spirit
- 15-17 Writing with Spirit
- 17-22 Creativity and the Chakras
- 17-8/14 Ananda Yoga Teacher Training
- 22-24 Learn Ananda Yoga Retreat
- 25-27 How to Live with More Energy
- 28-31 Wanderlust Festival at Lake Tahoe
- 29-31 Learn to Meditate
- 31-8/6 The Essence of the Bhagavad Gita

* Programs in Green are held at Gaia House

August **More to come**

- 5-7 Communion with AUM:
Advanced Meditation
- 7-12 Fresh Starts after Divorce
- 12-14 The Fourth Stage of Life:
A Spiritual Opportunity
- 12-14 Take Care of Yourself
- 14-21 Spiritual Renewal Week
- 17-21 Kriya Yoga Preparation & Initiation
- 28-9/2 Recharge Your Meditation Practice

September **More to come** **Personal Retreat PLUS Month**

- 7-11 Spiritual Counselor Training
- 20-22 International World Peace Day

October **More to come**

- 1-5 Ayurveda and Yoga Therapy
- 5-14 Yoga Therapy Specialty Areas I
- 14-23 Meditation Teacher Training
- 23-11/20 Ananda Yoga Teacher Training

November **More to come**

- 4-6 *Food For Health and Vitality**
- 24-28 Living with a Grateful Heart

December **More to come**

- 2-4 Kriya Yoga Initiation Weekend
- 22-26 Joyous Christmas Retreat
- 27-1/2 New Year's: Relax, Recharge, Refocus

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

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