

Ananda Yoga Retreat

May 23-26

Willard, WI

Sept. 26-28

Mount St. Francis, IN



*The more we live guided
from within, the greater
our control over outer events
in the great game of life.*

— Paramhansa Yogananda

THE EXPANDING LIGHT

14618 Tyler Foote Road
Nevada City, CA 95959

*It was truly an inspirational experience,
deepening my practice and my under-
standing, and helping me to be more
confident in some aspects of my teaching.*

— Valerie from Toronto, Ontario

*A fantastic, life-changing weekend! I feel
so uplifted and flowing with wonderful
energy. Everything just kept building.
You were both just excellent! Thank you!*

— Gigi from Merrill, Wisconsin

Explore the Art of Inner Guidance

How to Know & Trust Your Inner Guidance

EXPERIENCE YOGA'S POWER TO:

- Enhance your creativity •
- Remove blocks to intuition •
- Attract inner guidance at will •



Ananda Retreat Weekend with Gyandev & Diksha McCord

May 23-26, 2008
Willard, WI
(near Eau Claire)



Sept. 26-28, 2008
Mount St. Francis, IN
(near Louisville)

Look for the truth within yourself. Those who have searched within have found amazing truths. You must develop your intuition, and then you will see.

— Paramhansa Yogananda

We Warmly Invite You ...

Join us and learn to develop the full potential of your intuition, or inner guidance. It's invaluable for success in every area of your life: relationships, work, problem-solving, health, creativity, and above all, spiritual growth. Intuition is your living link with the highest wisdom and truth.



Two of Ananda's main teachers, Gyandev and Diksha have more than 35 years of experience teaching all aspects of yoga around the world. Both are yoga and meditation teacher trainers, life coaches, and longtime disciples of Paramhansa Yogananda. The authors of numerous books, CDs and DVDs, they live at Ananda Village, a community of Yogananda's disciples in Northern California (www.ananda.org).

You'll Learn How to ...

- Break free of habits and attitudes that block your intuition
- Attract guidance at will, rather than just hoping for it
- Use your intuition to solve the practical problems of everyday life
- Enhance your creativity
- Know true guidance from false guidance
- Live in the flow of superconsciousness, the source of all intuition
- Apply intuition to the ultimate goal of Yoga: knowing God

You'll gain power and direction in this process through an array of effective yoga techniques, especially Ananda Yoga® (postures and breathing practices), meditation, visualization and affirmation—all from the rich teachings of the great yoga master, Paramhansa Yogananda (author of *Autobiography of a Yogi*), and his direct disciple, Swami Kriyananda, the founder of Ananda.

Come dive into the power and practicality of your own soul-intuition during this highly experiential weekend.

Yes, we provide documentation for Yoga Alliance RYT continuing education.

Your Weekend Experience

You'll enjoy a full schedule of activities—Friday evening through Monday (Indiana: Sunday) morning—plus delicious vegetarian meals from Diksha's cookbooks, and a lovely, peaceful setting: The Christine Center (east of Eau Claire, WI) or the Mt. St. Francis Center (across the Ohio River from Louisville).

Private Sessions

Would you like personal life coaching, spiritual counseling, a yoga or meditation clinic, or yoga therapy with Gyandev or Diksha? Please use the form below to reserve your Private Session, which takes place on the last day of your retreat.

An Extra Gift for You

You'll receive a coupon for a 20% program discount at The Expanding Light, Ananda's retreat center (www.expandinglight.org).

To Register

Register online (*see right*) or send the form below with your check (payable to R. McCord) to the address listed. We'll send you directions, what to bring, etc.

Costs below are per person and include all classes and meals. Cancellations received by April 23 (August 26 for Indiana) receive a refund, less \$50. No refunds for later cancellations or for no-shows.

For more information, or to register online, visit:

www.WaysToFreedom.com

or contact

WI: Jennifer at 608-797-1990
or arkjmv@aol.com

IN: Mary Joe at 859-236-8954

Registration Form

Wisconsin Retreat • May 23–26, 2008

\$45 discount if you register by April 23.

Mark your housing choice: SHARED PRIVATE
Guest House Room¹. \$466 \$544³
Modern Hermitage². 481 574³
Rustic Hermitage⁴. 436 496
My Own Tent⁵ 363 363

¹ Private bath, 2 beds

² Private bath and kitchenette, 2–4 beds

³ Housing is limited, so if you prefer this option, please register to share, and ask to be waitlisted for a private.

⁴ No bath, 2 beds ⁵ Call for RV rates

Mail to: Jennifer Valentine, 422 East 4th St.
Winona, MN 55987

Indiana Retreat
Sept. 26–28, 2008

\$35 discount if you register by August 26.

Mark your housing choice:
Private room. \$333
Shared room. 313
Commuter 248

*Each room has its own sink.
Bathrooms are down the hall.*

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

NAME _____ Circle: Female / Male

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE(S) _____ E-MAIL _____

Yes, please schedule me for a 40-minute Private Session. I've enclosed the \$50 fee.