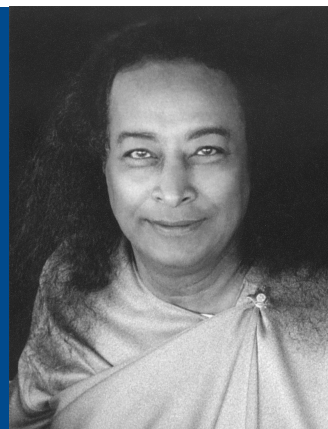


# The Power of Yoga Retreat

*Creating Peace and Positive Change*

*In Your Life and In The World*



**Friday-Sunday, May 5 - 7, 2017**  
Mount St. Francis Center for Spirituality  
101 St. Anthony Drive, Mt. St. Francis, IN  
(10 miles west of Louisville)

Ancient yogic practices of hatha yoga, meditation, prayer, and chanting offer profound universal truths for personal growth. Join us for a weekend of immersion into these yoga practices to help you find deep inner peace and courage, based on the teachings of Paramhansa Yogananda. Gain insights into yourself and the world, and discover tools to help you maintain a level of peace and joy in your daily life.

**“Blessed are the pure in heart, for they shall see God.” *Matthew 5:8***

Our retreat facilitators, Nayaswamis Dharmadas and Nirmala, have been disciples of Paramhansa Yogananda for more than 35 years. They have served in Ananda communities and centers around the world, including serving as the founding spiritual directors of Ananda India in New Delhi, and the Ananda community near Pune, India. They are currently the spiritual directors of Ananda Sacramento in California.

Paramhansa Yogananda was the first yoga master of India to take up permanent residence in the West. His *Autobiography of a Yogi* is a spiritual classic and remains a perennial best-seller. Yogananda’s message is universal, scientific, and at the same time personal, intimate, and devotional—a “heart-to-heart” meeting with the Infinite.



**Early Registration** (now through April 28): \$265 shared room, \$295 single room, Saturday only \$175.

**After April 28** add \$35. Includes lodging, vegetarian meals, and classes.

Register via PayPal: go to PayPal.com and send funds to crmo613@gmail.com. Other payment options and more retreat info call Cecile 812-305-3667 or email above, Tracy 781-640-1132, or Kevin 513-235-3958.

Find us on Facebook at Ananda Midwest and Ananda St. Louis and [www.anandacincinnati.org](http://www.anandacincinnati.org).

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