

Silent Retreat Weekend

with Joan Suval

Feel the stress and tension melt away the minute you arrive at beautiful Ananda Ashram.

While maintaining peaceful silence, delight in the experience and wisdom of Joan Suval as she offers guided meditations and innovative programs inspired by Ananda Ashram founder, Shri Brahmananda Sarasvati. This retreat also includes optional hatha yoga classes, group walks, a special video, delicious vegetarian meals, an evening concert with Deepak Kumar, as well as free time for quiet reflection.

For all of these reasons and for the new ones you'll discover, we are pleased to invite you to participate in the profound experience that is the Ananda Ashram Silent Retreat Weekend with Joan Suval!

May 16-18
Fri-Sun

Dorm: \$100/\$90 members

Semi-private room: \$140/\$125 members

To Register, call 845.782.5575

Please register early for this popular retreat



Ananda Ashram
YOGA SOCIETY OF NEW YORK, INC.

13 Sapphire Road, Monroe, NY 10950
845-782-5575, www.anandaashram.org

Ananda Ashram is a country Yoga retreat providing simple guest accommodations, vegetarian meals, daily meditation, scripture studies, readings, Sanskrit and Hatha Yoga, plus East-West music, dance and more. Located on 85 wooded acres in the foothills of the Catskill Mountains one hour from NYC.

Joan Suval is one of the founding members of Ananda Ashram and a senior disciple of Shri Brahmananda Sarasvati. She has been offering meditation and Yoga-Vedanta programs for the Yoga Society of New York and Ananda Ashram since 1964. Joan was also on the staff of the Post Graduate Center for Mental Health in NYC, where she developed the Center's first meditation and stress reduction program. Shri Brahmananda called Joan Suval "Mother of the Ashram".

