



*WINTER HOLIDAY RETREAT 2008*

*Wed Dec 24 – Thu Jan 1, 2009*

Welcome to Ananda Ashram's Christmas &  
New Year's Holiday Celebrations!

Daily Morning & Evening Meditation Programs  
including Fire Ceremony for Healing & World Peace,  
Chanting & Yoga-Vedanta Studies

Daily Hatha Yoga & Open Sanskrit Classes

Featuring East-West Cultural Events, Special Workshops & more

# WINTER HOLIDAY RETREAT 2008

Wed Dec 24 - Thu Jan 1, 2009

Dec 24, Wed **Christmas Eve:**

**Vocal Concert & Sing-Alongs** with "Faerie" Elaine Silver

Dec 25, Thu **Christmas Day:**

**Christmas Morning** with Ashram Teachers & Staff

**Celestial Holiday Music** by Laraaji Nadananda

Dec 27, Sat

**Laughter: The Best Medicine** with Laraaji Nadananda

**Classical Violin Recital** by Galina Heifetz \*

Dec 28 - 29, Sun - Mon

**Nada Yoga Retreat** with Acharya Roop Verma \*

Dec 28, Sun

**Kirtan** with Krishna Devi

Dec 29, Mon

**Sacred Music Offering in Honor of Ramana Maharshi**  
by Acharya Roop Verma on Sitar \*

Dec 31, Wed

**Gong Tone Meditation** with Laraaji Nadananda

**Yoga & Chakra Workshop** with Daniel McBride \*

Dec 31, Wed **New Year's Eve:**

**Cultural Program & Meditation**

*Ananda Ashram*  
YOGA SOCIETY OF NEW YORK INC.



Jan 1, 2009, Thu **New Year's Day:**

**Sitar Concert for the New Year** by Acharya Roop Verma  
with Naren Budhakar on Tabla \*

\* Educational and cultural programs offered by the *International Schools of East-West Unity (Gurukula), Inc.* at Ananda Ashram

Call **845.782.5575** for reservations and workshop registration.

### **Overnight Guest Rates**

Full 8 Day Retreat, including Ashram Core Program:

Dorm \$500/members \$450; Semiprivate \$625/members \$560

Single days, Weekends: Peak Rates apply.

Workshop tuition is additional.

Admission to concerts is \$15/memb. \$12 (included for overnight guests).

Ananda Ashram is a Yoga retreat and a spiritual-educational center offering daily meditation programs, Yoga-Vedanta studies, Hatha Yoga and Sanskrit classes, plus classical Indian dance and music instruction and various special programs year-round. We provide simple guest accommodations with vegetarian meals. Located in a serene, natural setting in the foothills of the Catskill Mountains just over one hour from New York City, the Ashram was founded in 1964 by Shri Brahmananda Sarasvati (Dr. Ramamurti S. Mishra) as the country center of the Yoga Society of New York, Inc.

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Visit [www.anandaashram.org](http://www.anandaashram.org) for details