

50th ANNIVERSARY CELEBRATION
of the YOGA SOCIETY OF NEW YORK, INC.

Ananda Ashram ~ July 18 -20, 2008



Summer Program Overview

About Ananda Ashram

Ananda Ashram in Monroe, New York, is the location of the Yoga Society of New York, Inc., as well as the International Schools of East-West Unity (Gurukula), Inc. and the Baba Bhagavandas Publication Trust. It was established in 1964 by Shri Brahmananda Sarasvati, then known as Ramamurti S. Mishra, M.D., as a spiritual retreat and educational center founded on the universal principles of Yoga and Vedanta and dedicated to East-West cultural exchange.

The Ashram is open year-round and welcomes people of all faiths, origins and cultural backgrounds. Located in the foothills of the Catskill Mountains, just over one hour northwest of New York City, the Ashram is easily accessible by car, bus or train. The grounds provide a serene, natural environment with woods and meadows surrounding a lake and island.

All guests are invited to take part in the Ashram core program, consisting of daily morning and evening meditation programs with Yoga-Vedanta studies as well as ongoing classes in Sanskrit and Hatha Yoga. In addition, there is regular instruction in classical Indian dance and music. Special workshops and retreats cover various aspects of Yoga, the creative arts and natural health, and East-West cultural performances highlight summer weekends and special occasions throughout the year. Ashram programs are nonsectarian with an emphasis placed on Self-awareness and meditation. Guest teachers and artists from a variety of traditions contribute regularly to our programs.

Our facilities include guest and resident accommodations, a vegetarian kitchen, classrooms, meditation rooms, "Cosmic Temple," a program hall, natural healing center, seasonal swimming pool and publication center.

Besides its function as a lively educational and cultural center, Ananda Ashram offers a unique, inspirational environment well suited for a meditative retreat away from the stress of the city. The Ashram atmosphere supports natural healing, study and exploration of the deeper aspects of life.

Our Mission Statement

To serve as a spiritual and educational center for transformation,
promoting East-West unity and world peace through the teachings of Yoga and meditation.



Ananda Ashram
YOGA SOCIETY OF NEW YORK INC.



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www.anandaashram.org



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From “Biographical Story of the Yoga Society” by Shri Brahmananda Sarasvati, July 1984:

“I am born with planning East-West Unity...

Every man and woman has a center of infinite immortality within themselves. This fact has to be realized and experienced...

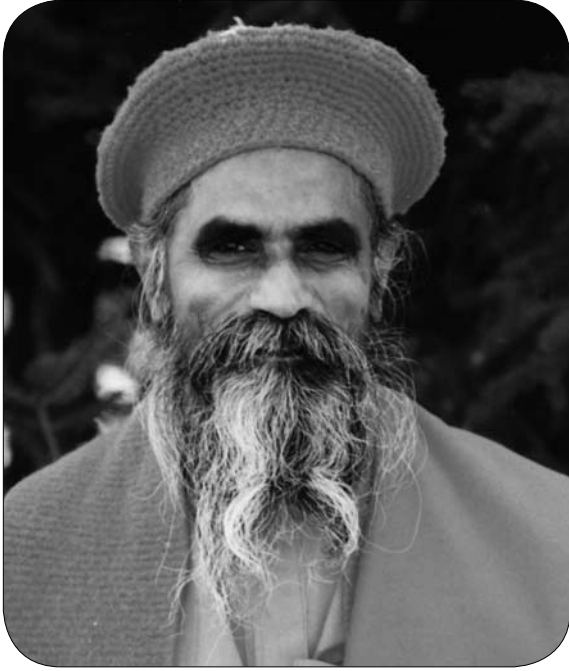
Life is an unbroken flow of consciousness, like a river, that can never be broken by birth and death of this physical mortal body. I decided on the U.S.A. as the center of my work, to serve the whole Mother Earth planet.”



Credits Content Editor: Bharati Devi
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Quotations of Shri Brahmananda Sarasvati:
Courtesy of Baba Bhagavandas Publication Trust

Founder Shri Brahmananda Sarasvati



Also known as **Ramamurti S. Mishra, M.D.** (or Shri Ramamurti), Shri Brahmananda Sarasvati was a highly respected spiritual teacher for countless students and devotees from all walks of life. A prolific author on the science and philosophy of Yoga-Vedanta, he integrated the universal message of these teachings with his deep knowledge of both Eastern and Western medicine and psychology. His areas of speciality ranged from Ayurveda to modern psychiatry and neurosurgery.

Shri Brahmananda Sarasvati is the Founder and Spiritual Director of the Yoga Society of New York, incorporated in 1958, and its country center Ananda Ashram in Monroe, New York, established in 1964.

The other major Ashram he founded is Brahmananda Ashram, the location of the Yoga Society of San Francisco (incorporated in 1972). Throughout the years, he also inspired a number of meditation centers in the United States, Canada and Europe.

He was a master of the Sanskrit language, and his lifework is considered a comprehensive and authentic modern synthesis of the ancient teachings. His written works include *Fundamentals of Yoga*, *The Textbook of Yoga Psychology* (a commentary on Patanjali's *Yoga Sutras*), *Self Analysis and Self Knowledge* (on Shankaracharya's *Atma Bodha*), translations of Upanishads and other ancient Sanskrit texts as well as numerous essays. In addition, much of his teaching exists in recorded form.

Shri Brahmananda Sarasvati's life was dedicated to the integration of Eastern and Western sciences, culture and philosophy. He was able to present the timeless message of meditation and Self-realization in a truly contemporary form. He left his physical body in 1993, yet his spiritual presence and teachings continue to be a source of inspiration and guidance for all.

As a pioneer who prepared the ground in the West for a new way of thinking and living, he planted the seeds of Self-knowledge and enlightenment through Yoga meditation in the hearts of many people the world over. These seeds continue to grow and are destined to help bring about the ultimate goal of world peace and harmony in spiritual unity.

As part of his vision for the future, and in order to help accomplish the overall purposes of the Yoga Society of New York and Ananda Ashram, Shri Brahmananda Sarasvati established two additional organizations:

International Schools of East-West Unity

Founded in 1992/93, the International Schools of East-West Unity (Gurukula), Inc., at Ananda Ashram exists to "strengthen the relations and remove misunderstanding between East and West in the fields of culture, philosophy and science..." Its main departments are the School of Sanskrit, the East-West School of Dance, the East-West School of Music and the School of Hatha Yoga, with Ayurveda Studies available as an elective course. The rich educational and cultural curriculum at Ananda Ashram is presented by teachers trained under the Founder himself as well as by guest teachers and artists from different parts of the world, offering distinguished programs characterized by a meditative, holistic approach. The ISEWU is recognized as a tax-exempt educational organization.

(contact@eastwestschools.org)

Baba Bhagavandas Publication Trust

The Baba Bhagavandas Publication Trust was established by Shri Brahmananda Sarasvati in 1993 and named in honor of his Guru, Baba Bhagavandas of Bombay, India. Its principal purpose is the protection, preservation and continuing publication of the Founder's life work, both written and recorded, as well as the promotion of other works that emphasize the oneness and freedom of consciousness or "I-Am." The Trust is a nonprofit, tax-exempt entity, with offices and archives located on the grounds of Ananda Ashram.

(contact@babatrust.org)



Ashram Core Program • Summer 2008

Daily Morning & Evening Meditation Programs



Mornings – 9:00-10:30am

Fire Ceremony for Healing & World Peace

Silent or guided Meditation

Study of the universal teachings of Yoga and Vedanta through original Sanskrit texts, including *Bhagavad Gita*, *Yoga Sutras*, Shankaracharya's *Atma Bodha* and Upanishads. Chanting, translation and discussion; selected readings and recordings.

– with Bharati Devi, Ma Bhaskarananda (Ma Bha) & Karuna Devi

Evenings – 7:30-9:00pm (weekends differ)

Fire Ceremony for Healing & World Peace

Silent or guided Meditation

Chanting of devotional hymns; study and discussion of Shri Brahmananda Sarasvati's essays and books; readings from various spiritual sources.

– with Joan Suval (Sat. 7:00pm), Bharati Devi, Ma Bhaskarananda, Tara Devi & other Ashram Teachers

On weekends, 8:30pm Cultural Events, Kirtan or Lectures, as scheduled.

Suggested Donation: \$8 / members \$5. With cultural event: \$15 / members \$12. Included in overnight guest rates.

Ongoing Classes

Open Sanskrit Classes

Weekends 11:00am

Weekdays thru July 18 – 10:30-11:30am;

then, until Labor Day – Mon, Wed & Fri 4:30-5:30pm

The Sanskrit language is taught here as “science of vibration,” through the unique, interactive method developed by Shri Brahmananda Sarasvati. Emphasis is on chanting and rhythm.

– with Bharati Devi & Ma Bhaskarananda

Tuition: By Donation; included in overnight guest rates.

Yoga Classes

Hatha Yoga classes are offered twice daily by Ashram staff teachers, taught according to several yogic styles and incorporating traditional asanas, breathing exercises and deep relaxation.

See website for Weekly Schedule.

Class Fees, drop-in: \$15 for 1-1/2 hour class; included in overnight guest rates.

Weekly **Kathak Dance Classes** will resume in the fall.

Regular Weekend Schedule

Fridays

5:30pm Dinner

6:00 Yoga Class

7:30 Meditation & Fire Ceremony; Chanting

8:30 Readings, Cultural Event or Lecture

Saturdays

7:00am Gentle Yoga Class

8:00 Breakfast

9:00 Meditation & Fire Ceremony

9:45 Sanskrit Verses, Chanting with Bharati

11:00 Open Sanskrit Class with Bharati

12:30pm Lunch

3:00 Guided Meditation, Q&A with Joan Suval

4:00 Open Yoga Class

5:00 Dinner

7:00pm Meditation & Fire Ceremony

7:30 Selected Readings with Joan Suval

8:30 Cultural Event

Sundays

7:00am Gentle Yoga Class

8:00 Breakfast

9:00 Meditation & Fire Ceremony

9:45 Mantras, Commentary with Ma Bha

11:00 Open Sanskrit Class with Ma Bha

11:00 Level II/III Yoga Class

12:30pm Lunch

5:30 Dinner

7:30 Meditation & Fire Ceremony; Reading

8:30 Kirtan with Krishna Devi

All above items are included in Ashram overnight guest rates.

Visit www.anandaashram.org for more information

For reservations call **845.782.5575**

Brief History & Significance of the Yoga Society of New York



Celebrating Our 50th Anniversary



Dr. Ramamurti S. Mishra, M.D., later known as Shri Brahmananda Sarasvati, first arrived in New York City from his native India in December 1955 to pursue advanced medical studies, as well as to follow his life's spiritual vision and purpose, which was to be completed in the West. In 1957, he began to conduct a meditation class in a hospital library. The small group of people attracted by the unusual, dynamic and radiant personality of the young doctor and inspired by the universal teachings he conveyed kept growing steadily. In July of 1958, the Yoga Society of New York was incorporated in New York City as a not-for-profit religious organization with spiritual and educational purposes.

At the time, Dr. R.S. Mishra was writing his first book, *Fundamentals of Yoga*, which was published in 1959 with an Introduction by Paul Brunton. It remains a classic in the field, describing both the science and the mystical philosophy of the ancient Yoga system in a most practical and modern way.

Among the founding members of the Yoga Society, the one who encountered Dr. R.S. Mishra first was George Bailin, a teacher of English, a poet and writer. Of the six trustees who signed the original charters of the Yoga Society he is the only one still connected with the Society fifty years later; the other signatories are either known to have passed on, or have been of unknown status for a long time.

The Yoga Society of New York, Inc. is a membership organization whose trustees are elected in annual elections. The first president of the Society was Elsy Becherer, and subsequent long-standing presidents were Marvin Suval and George F. Leone. Currently, there are over one hundred voting members, almost all of them also life members.

Throughout the years, meetings and classes of the Yoga Society were held at various locations in New York City, first in Queens and then in Manhattan, including a studio on the Upper West Side. A significant development in 1964 was the acquisition of a property in the serene country side northwest of the city, to serve as a place of teaching as well as for spiritual retreat. Since then, Ananda Ashram in Monroe, New York, has been the main center and permanent location of the Yoga Society of New York, and since 1994, the only location.

The Yoga Society of New York and Ananda Ashram continue to work for the original Purposes stated in the Certificate of Incorporation, which was signed on July 16 and filed on July 18, 1958:



- The worship and practice* of that belief known as YOGA which is a system of physical, mental and spiritual training seeking the union of mortal man with the Supreme Spirit. YOGA is the joining, union and re-integration of the individual consciousness with the cosmic consciousness.
- The conducting of regular meetings at which all in attendance may hear and practice the philosophy of YOGA and the union of the individual soul with God.
- Prayer and meditation.

* and teaching – added in 1977

As stated in the Constitution adopted in 1963, the Society's Purposes include – To assemble at meetings to study, discuss and practice integral Yoga philosophy, aims, and discipline, and to disseminate through educational lectures and publications the principles of Yogic practice.



And in the Founder's own words, written in 1984:

"The Yoga Society is passing through different stages of life. The seed becomes the sprout, the sprout branches, the branchings have stages of foliage, flowering, fruition, and finally it becomes the seed again. Thus, the seed completes its journey.... So also: first originates the Yoga Society, then comes the Ashram, and then comes the idea of the 'World Yoga University,' now called the 'University* of East-West Unity.' The baby cannot remain eternally in the mother's womb. The chicken must come out of the egg state....

* presently: 'International Schools'

This is to indicate the dream and vision blossoming at Ananda Ashram to establish a center of world peace, harmony and unity of all people."



50th Anniversary Celebration of the Yoga Society of New York, Inc.

Weekend Celebration Program July 18-20, 2008

July 18, Friday

Guru Purnima, Day of the Guru

Morning & Evening Programs with Sanskrit Hymns, Devotional & Artistic Offerings

This full moon day in the Indian calendar is dedicated to the *Guru*, referring to both the personal form of the teacher and the impersonal one, the inner guiding light in all.

7:30pm Meditation Program in Honor of Guru

8:30pm Sitar Concert

Offered by **Acharya Roop Verma**,
Director of our East-West School of Music,
with Naren Budhakar on Tabla



Outstanding classical Indian music to celebrate and enhance the auspicious occasion.

Admission \$15/ members \$12

July 19, Saturday

7:00pm Meditation & Selected Readings
with **Joan Suval**, Ashram Founding Member

8:30pm *Ramayana Dance Drama*
Choreographed by **Pandit Satya Narayana Charka**,
Director of our East-West School of Dance

Dramatic scenes from the great epic of ancient India which portrays the eternal battle between good and evil – the story of our mind. A spectacular multimedia pageant presented by both American and Indian dancers and actors at our lakeside amphitheater (location weather permitting).



Admission \$15 / members \$12 / Family Rates

July 20, Sunday

9:00am Meditation Program with Vedic Fire Ceremony

10:30am *Special 50th Anniversary Celebration Program*

Included will be:

“Early Memories of the Guru”: A Talk by **George Bailin** – Main Speaker,
Founding Member of the Yoga Society of New York and Ananda Ashram



Addresses by other prominent Members & Board Members of the Yoga Society of New York
Chanting of Sanskrit Hymn, Musical & Devotional Contributions

1:30pm Feast – All are invited.
Evening Programs to be announced.

Suggested Donation for Celebration Program & Feast: \$30

Visit www.anandaashram.org for more information
For reservations call **845.782.5575**

Early Writings by the Founder

Shri Brahmananda Sarasvati (Ramamurti S. Mishra, M.D.)

Meditation and the Ultimate Questions of Life

Written in 1958, New York City

The word “meditation” in its widest etymological sense means “expansion of wisdom into infinity.” In meditation one tries to understand things that both immediately and remotely concern the mind – such as:

What is the real and fundamental nature of the individual? What is the real nature of the mind? Are life and existence permanent or temporary? What is the real nature of this world in which we live? What is the goal of all living beings, especially human beings? Is there any creator of this world or not? And if there is a creator of this world, just like God, then what is the relation of the individual with that creator? Are they familiar with each other or not? How should one live in the light of one’s knowledge regarding the world, matter, energy, God, and oneself? Is there a law or constitution governing this whole universe, or is the universe just going on and on spontaneously, automatically?

What is my real relation with my family, friends, country, and the whole earth? Is there reincarnation after this life? If there is reincarnation, then how many things transmigrate from this body to another body? Does one’s family transmigrate or not? Why are some beings inorganic and others organic, some vegetable and animal while others are men and women? Why is somebody a father or mother while others are brother, sister, son and daughter? What is the basic science of all relations? Why are some people civilized and others barbaric?

These are some of the multiple problems which we find agitating the human mind in every country, since the beginning of the cycle of the universe, from the very dawn of civilization. Meditation deals with problems of this nature. Meditation is right use of one’s mental power.

The rays of the sun of the *chittam* (mind, ego, and intellect) are scattered over the whole world. Through the process of concentration, we gather them. When all the scattered rays of the mind are concentrated and focused on *sahasrara chakram* (the cerebral cortex) through *sushumna* (the central nervous system) and *pingala* and *ida* (the autonomic nervous system), then the body, senses and *chittam* are revived.... The mind is enlightened, the senses are electrified, and the soul becomes the abode of heaven....

Meditate constantly, daily, at least morning and evening, and see the vision of Truth. This is the direct realization of Truth. Truth is perfect and complete in itself. It always exists. It is not far away, but ever near. We do not walk to it, but our every step is made possible by it. Therefore, do not follow other persons’ thoughts and philosophy, but learn to listen to the voice within yourself.

The student of meditation will realize the oneness of all life, and the body and mind will blend into that unity. A man of realization becomes free.... Therefore, meditate and obtain the Absolute!

Om Peace

Fundamentals of Yoga

First Published in 1959, New York City

From Preface

Through innumerable incarnations and rebirths man has hypnotized himself with his body. Because of his own ignorance he feels that his Self and consciousness are limited to his body. When, through the practice of Yoga, his ignorance is destroyed and he removes his hypnotism of finiteness, the Self, which is infinite and does not admit of any multiplicity whatsoever, reveals itself by itself, like the sun when the clouds are removed. The notion of man, woman, animal, god, child, youth, and age is superimposed upon the Self by ignorance. Yoga is the process of dehypnotism. By means of contemplation, concentration, and meditation, one realizes the true form of the Self, which is omnipresence, omnipotence, and omniscience.

From Chapter 28: *Anahata Nadam – Om – Sphotam*

A mighty ocean of *nadam*, sound current, is flowing everywhere, in living beings and the nonliving, in the organic and the inorganic world, in manifest or unmanifest nature, in phenomenon or noumenon; in short, all states of nature and consciousness depend on *Om*. It is all in all, hence it is *Om*; it is all-powerful, almighty, therefore it is omnipotent; it is everywhere, therefore it is omnipresent; it knows everything and knowledge originates from it, therefore it is omniscient. There are a few synonyms for it, such as Amen, Omni, etc. They all have the same meaning.

* * *

Anahata nadam [*Om*] is the manifestation of the Supreme into perceptual mechanism. When you have real *nadam*, meditate constantly on it... Ultimately, it will transform you into the *Nirvana* state.





Ananda Ashram Summer 2008 Special Programs & Events: Overview

Visit www.anandaashram.org for detailed information



Jun 27-Jul 6 Fri-Sun

Ananda Ashram Summer Convocation

~ "World Peace through Meditative Understanding"

Jun 27 Fri

7:30pm Opening Meditation & Program,
9pm Concert ~ Laraqji Nandananda

Jun 28-29 Sat-Sun

◆ 10-12:30 Tabla Instruction ~ Naren Budhakar

Jun 28 Sat

11-12:30 Laughter: The Best Medicine
~ Laraqji Nandananda

2-3:45pm Hand Reflexology for Self Healing

~ Sita Danielle Gault

8:30pm

◆ Meditations & Rhythms: Concert ~ Michael Braudy, Violin,
with Emiliano Valerio, Tabla & Guitar

Jun 29 Sun

2:30-4:30pm Introduction to the Healing Fire Ceremony
~ Ma Bhaskarananda

8:30pm Blissfully Abundant: Vocal Concert

~ "Faerie" Elaine Silver with John Guth, Guitar & Percussion

Jun 30-Jul 18 Mon-Fri

◆ 10:30-12:30 weekdays **Sanskrit "Science of Vibration":
Introductory Course** ~ Bharati Devi

Jul 4 Fri

44th Anniversary of Ananda Ashram; Independence Day
10:45-1:45 Celebration Program; 2pm Feast

8:30pm

◆ Kathak Dance Concert
~ Pandit S.N. Charka & the East-West School of Dance

Jul 5-12 Sat-Sat

10-12:30 & 3:30-5:30pm

◆ **Music Learning & Discovery Course**

~ Acharya Roop Verma

Jul 5 Sat

◆ 8:30pm Bharata Natyam Dance Performance
~ Shrimati Priyamvada Sankar

Jul 6 Sun

◆ 10:30-12:30 Bharata Natyam Workshop
~ Shrimati Priyamvada Sankar

Jul 6 Sun

8:30pm Kirtan ~ Shyamdas

Jul 11-13 Fri-Su

◆ 5pm Planet Yantra & Yoga Retreat ~ Sarah Tomlinson

Jul 11 Fri

◆ 8:30pm An Evening of Ghazals: North Indian Vocal Concert
~ Deepak Kumar with Nitin Mitta on Tabla

Jul 12 Sat

◆ 8:30pm Luminous Ragas: A Bansuri Flute Concert
~ Steve Gorn with Naren Budhakar on Tabla

Jul 18-20 Fri-Sun

**50th Anniversary Celebration of Yoga Society
of New York, Inc.** ~ See page 5

Jul 21-Aug 29 Mon-Fri

10:30-12:30 weekdays

◆ **Intermediate/Advanced Sanskrit Courses**

~ Professor Ram Karan Sharma:

Jul 21-Aug 1 Kalidasa's *Meghadutam*, *Purvamegha*

Aug 4-15 *Mundakopnishad*

Aug 18-29 *Panini Sutras*, Chapters 4 & 5

Jul 22-27 Tue-Sun

10:30-12:30 & 2:30-4:30pm

◆ **The Ayurvedic Art of Health & Healing:**

A Six-Day Seminar ~ Vasant Lad, M.A.Sc.

Jul 23 Wed

◆ 8:30pm The Role of Love & Compassion in the Healing
Process: A Talk ~ Vasant Lad, M.A.Sc.

Jul 25 Fri

◆ 8:30pm Bhakti in Daily Life: A Talk ~ Vasant Lad, M.A.Sc.

Jul 26 Sat

◆ 8:30pm Classical Violin Recital ~ Galina Heifetz



- Above special events are in addition to the Ashram Core Program (see page 3) which includes Saturday evening 7-8:30pm Meditation & Selected Readings with Joan Suval.
- Admission for Concerts & Performances: \$15 / members \$12. Included in overnight guest rates.
- Tuition for workshops and courses is additional – see information on website.
- The symbol ◆ denotes programs organized under the *International Schools of East-West Unity* (see page 2).

Cont. Ananda Ashram Summer 2008 ~ Special Programs & Events: Overview

Visit www.anandaashram.org for detailed information

Jul 28-Aug 1 Mon-Fri (full days beg. 7am)

◆ **Intermediate/Advanced Kathak Dance Camp**
~ Pandit Satya Narayana Charka

Aug 2-3 Sat-Sun

◆ 10-12:30 Tabla Instruction ~ Naren Budhakar

Aug 2 Sat

◆ 8:30pm Indian Classical & Devotional Vocal Concert
~ Mitali Banerjee Bhawmik

Aug 8-10 Fri-Sun (afternoon)

Kirtan, Meditation & Yoga Retreat

~ Krishna Das, Sharon Salzberg & Diane Long

Aug 8 Fri

8:30pm Opening of Retreat,
incl. Kirtan with Krishna Das (\$30)

Aug 9 Sat

8:30pm Kirtan ~ Krishna Das (\$30)

Aug 12 Tue

Birthday of Baba Bhagavandas

9am & 7:30pm Special Programs

Aug 15-17 Fri-Sun

Weekend Celebration of Babaji's Birthday

Aug 15-17 Fri-Sun

Family Fun! - A Weekend Retreat for Parents & Kids
~ Ashram & Guest Facilitators

Aug 16-17 Sat-Sun

◆ 10-12:30 North Indian Vocal Music Classes
~ Deepak Kumar

Aug 16 Sat

◆ 11am A Talk in Celebration of "Sanskrit Day"
~ Prof. Ram Karan Sharma

Aug 16 Sat

◆ 8:30pm Traditional Kathak Dance ~ Pandit S.N. Charka & the East-West School of Dance

Aug 17 Sun

8:30pm Special Kirtan ~ Krishna Devi

Aug 22 Fri

8:30pm Kirtan ~ Keshavacharya Das

Aug 23 Sat

◆ 8:30pm Krishna Leela Dance Drama ~ East-West School of Dance, directed by Pandit S.N. Charka

Aug 24 Sun

7:30pm-midnight: Celebration of Janmashtami, Lord Krishna's Birthday ~ Ashram and Guest Teachers & Artists

Aug 29-Sep 1 Fri-Mon

Labor Day Weekend with Ashram Teachers

Aug 29-31 Fri-Sun (afternoon)

◆ Anusara-Inspired Yoga Weekend
~ Sumukhi (Kristina Lanuza) & Elias Lopez

Aug 29 Fri

8:30pm Sound Healing Concert
~ Rev. Kim Lesley & Friends

Aug 30-31 Sat-Sun

◆ 10-12:30 North Indian Vocal Music Classes
~ Deepak Kumar

Aug 30 Sat

◆ 8:30pm Sitar Concert ~ Kinnar Kumar Seen

Aug 31 Sun

8:30pm Kirtan ~ Krishna Devi

Fall / Winter 2008 Preview

Sep 19 Fri

Fifteenth Anniversary of Guru's Mahasamadhi

Sep 26-28 Fri-Sun

Bhakti Immersion Weekend ~ Shyamdas

Sep 30-Oct 9 Tue-Thu

Navaratri, Celebration of Devi

Oct 10-13 Fri-Mon

Columbus Day Weekend / Program TBA

Nov 27-30 Thu-Sun

Thanksgiving Weekend / Jivamukti Yoga Retreat

Dec 24-Jan 1, 2009 Wed-Thu

Winter Holiday Retreat

- Above special events are in addition to the Ashram Core Program (see page 3) which includes Saturday evening 7-8:30pm Meditation & Selected Readings with Joan Suval.
- Admission for Concerts & Performances: \$15 / members \$12. Included in overnight guest rates.
- Tuition for workshops and courses is additional – see information on website.
- The symbol ◆ denotes programs organized under the *International Schools of East-West Unity* (see page 2).

MEMBERSHIP IN THE YOGA SOCIETY OF NEW YORK, INC.

Your membership supports the aims of the Yoga Society of New York and the spiritual, educational and cultural programs of Ananda Ashram. Find out about the special benefits and privileges available to our members.

- Regular membership is \$100/year (families: \$175).

Note: In celebration of the 50th Anniversary of the Yoga Society of New York this summer, Lifetime Membership has been reduced to \$1500.

GENERAL INFORMATION

Accommodations: Our three guest houses provide approximately 45 beds including semiprivate rooms (with 2 beds) and dormitories (up to 6 beds). Bathrooms are shared. For camping, bring your own tent or small vehicle.

Meals: Breakfast, lunch and dinner are served in a variety of lacto-vegetarian and vegan cuisines, using fresh and organic foods as much as possible.

What to Bring: Comfortable clothing for meditation and yoga or other exercise, warm clothing and firm shoes for outdoors, flashlight, alarm clock, toiletries, notebook and a mat or blanket for outdoor use.

Restrictions: Possession or use of alcohol and any illegal substances is not permitted on Ashram property. No pets may be brought to the Ashram. Other policies and regulations are stated on our guest registration form.

Special Facilities: As overnight guests, enjoy our swimming pool and Healing Center services (with special membership). Visit the Ashram Book Store carrying a variety of publications and Yoga-related items.

WORK-STUDY & ASHRAM IMMERSION PROGRAM

Visit www.anandaashram.org to find out about the unique opportunities and experiences we offer.

TRAVEL DIRECTIONS – See Website

By Bus from NYC: Short Line Bus to Monroe, NY

By Train: New Jersey Transit to Harriman, NY

By Car from New York City: Take George Washington Bridge (45 miles from Ananda Ashram), go north on Palisades Parkway. Take exit 18 (on left) onto Rte 6 going west. Continue to Suffern/Newburgh exit. At the end of ramp turn left onto South 17. See *Local Directions*.

Or, go North on NY State Thruway (I-87 N) to Exit 16, Harriman. Take first right after toll booth, following the sign to Harriman, and at the end of ramp turn left onto South 17.

Local Directions:

South on Rte. 17. Drive approximately 1/2 mile, go under railway overpass (second overpass) and take immediate right onto Grove Street. Drive straight through village of Harriman to traffic light at gas station and Rte 17M. Go ahead, up the hill, continuing on Harriman Heights Road for 1.3 miles, past Sapphire Elementary School on your right. Take next left onto Sapphire Road. Turn into second driveway on left, Ananda Ashram's main entrance. Ahead is our Main House and reception. Welcome!

ASHRAM OVERNIGHT GUEST RATES

Our 24-hour guest rates are per person and include simple guest accommodations, vegetarian meals as well as the Ashram core program: daily morning and evening meditation programs, ongoing Yoga and Sanskrit classes, cultural events and evening lectures. Fees for other programs are additional.

June 15 - September 14 (Peak Rates)

Summer 2008	Non-Member		Member	
	Dorm	Semiprivate	Dorm	Semiprivate
Weekday	\$70	\$85	\$60	\$75
Weekend Day or Holiday	\$80	\$100	\$70	\$90
Weekly Rates				
1 Week	\$420	\$525	\$380	\$470
2 Weeks	\$590	\$735	\$530	\$660
3 Weeks	\$765	\$955	\$690	\$860
4 Weeks / 1 Month	\$920	\$1,150	\$830	\$1,030

- Camping Rate: 20% off Dorm Rate
- Prorated daily rates apply when adding single days to a stay of one week or longer.

Discounts

10% Discount for students, seniors & couples (may not apply for certain retreats)

Children under 14, half of parent's rate / under 3 no charge

OVERNIGHT RESERVATIONS

Reservations are accepted by phone only: **845.782.5575**, preferably by Visa or MasterCard. Inquire about our cancellation policy. Full guest rate payment is due upon arrival.

- Check-in time is after 3pm, and check-out time is 2pm.

Day Rate:

Peak Season - \$45. Day Rate applies when staying morning to evening, not overnight. It covers meals and core program, except concerts and performances, and is an alternative to paying for single items.

WORKSHOP REGISTRATION

Call in advance to register for all workshops and courses of one full day or longer. In-person registration at the office, with full tuition payment, is due before the first session. Please inquire about our cancellation policy.

New: Special student discount on Ashram overnight guest rate for participants in our educational (ISEWU) workshops and courses, minimum duration 1 full weekend: 15% off guest rate. Or, when contributing 1 hr of work per day: 25% reduction on guest rate.

Visit www.anandaashram.org for more information

50th ANNIVERSARY CELEBRATION of the YOGA SOCIETY OF NEW YORK, INC.

Ananda Ashram ~ Summer 2008

PROGRAM HIGHLIGHTS:

June 27- July 6 Summer Convocation & 44th Anniversary of Ananda Ashram

July 18-20 50th Anniversary Celebration of Yoga Society of New York
July 18 Guru Purnima; July 19 Ramayana Dance Drama

August 8-10 Kirtan, Meditation & Yoga Retreat
with Krishna Das, Sharon Salzberg & Diane Long

August 22-24 Lord Krishna's Birthday Celebration



Courses & Workshops in Sanskrit, Ayurveda, Music, Dance & Yoga
East-West Cultural Events

Ananda Ashram
Yoga Society of New York, Inc.
13 Sapphire Road, Monroe, NY 10950
www.anandaashram.org



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