

# SCHOOL OF SANSKRIT AT ANANDA ASHRAM

Founder:

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



॥ सत्यं शिवं  
सुन्दरम् ॥

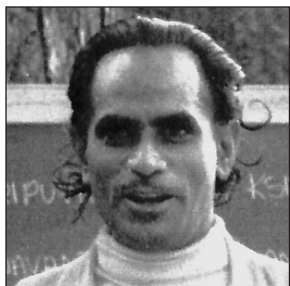
SATYAM  
SHIVAM  
SUNDARAM.

Truth, Tranquility,  
Beauty.



## SUMMER 2006

*Ananda Ashram*   
YOGA SOCIETY OF NEW YORK, INC. MONROE, NY



## SHRI BRAHMANANDA SARASVATI (RAMAMURTI S. MISHRA, M.D.)

Shri Brahmananda Sarasvati, also known as Ramamurti S. Mishra, M.D., or Shri Ramamurti, is the Founder and Spiritual Director of the Yoga Society of New York, Inc. (1958) and its country center Ananda Ashram (1964). He also established the Yoga Society of San Francisco, Inc. (1972), known as Brahmananda Ashram, and inspired many other centers of meditation in the United States and abroad.

He was a highly respected teacher and a prolific author on the science and philosophy of Yoga-Vedānta. He integrated the universal message of these teachings with his deep knowledge of both Eastern and Western medicine and psychology, his areas of specialty ranging from Ayurveda to modern psychiatry and neurosurgery.

His written works include *Fundamentals of Yoga*, *The Textbook of Yoga Psychology* (a commentary on Patanjali's *Yoga Sūtras*), *Self Analysis and Self Knowledge* (on Shankaracharya's *Ātma Bodha*), translations of Upanishads and other scriptures of the ancient Sanskrit tradition as well as numerous articles and essays. In addition, there are many recordings of his classes and *satsangs*. His lifework is considered a comprehensive and authentic modern synthesis of the ancient teachings.

A master of the Sanskrit language, he prominently used the medium of Sanskrit in his teaching, emphasizing the chanting and study of *mantras*, hymns and scriptural texts as well as of the language itself. He taught regular classes in Sanskrit as "science of vibration" for over 25 years.

Shri Brahmananda Sarasvati was a pioneer who prepared the ground in the West for a new way of thinking and living. His life was dedicated to the integration of Eastern and Western sciences, culture and philosophy, with the ultimate goal of world peace and harmony in spiritual unity. In 1992, he founded the International Schools of East-West Unity (Gurukula), Inc., as the seed form of his long-standing vision of a "University of East-West Unity." He also established the Baba Bhagavandas Publication Trust for the protection and publication of his writings and recordings as well as of other works emphasizing the unity and freedom of Consciousness.

He left his physical body in 1993, yet his spiritual presence and his teachings continue to be available as a vibrant source of inspiration and guidance.

### ANANDA ASHRAM

in Monroe, New York, is a spiritual retreat and educational center founded on the universal principles of Yoga and Vedānta and dedicated to East-West cultural exchange.

The Ashram is open year-round and welcomes individuals of all faiths, origins and cultural backgrounds. Located in the foothills of the Catskill Mountains just over one hour north-west of New York City, the environment is natural and serene, including a lake and island surrounded by woods and meadows.

The Ashram core program consists of daily morning and evening meditation, Yoga-Vedānta studies, readings, Sanskrit and Yoga classes as well as cultural events.

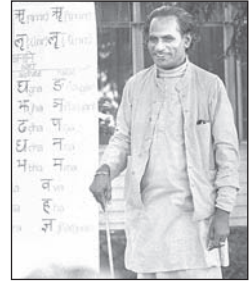
Instruction in classical Indian dance and music is offered regularly, and special workshops cover various aspects of Yoga, natural health and the creative arts. Programs are nonsectarian.

## HISTORY OF SANSKRIT STUDIES AT ANANDA ASHRAM

From the early years of the Yoga Society of New York, before Ananda Ashram existed, Dr. Ramamurti S. Mishra was teaching Yoga philosophy and meditation through the original Sanskrit scriptures, in which he had been immersed from childhood. When the Ashram was founded in 1964 as a universal center for spiritual research and East-West cultural exchange, it was dedicated by his chanting of Vedic Sanskrit *mantras*.

In the summer of 1971, the Founder returned from several years of travelling and teaching abroad, and the Ashram became a full-time residential center. At that time Shri Ramamurti, as he was known then, first introduced regular intensive classes in Sanskrit grammar as “science of vibration” at Ananda Ashram. He taught in his lively and highly engaging, interactive style. Often, the rhythmical, melodic group chanting of Sanskrit word forms and phrases would go on for many hours a day.

All along, he also continued to teach the major scriptures of Yoga-Vedānta as well as a variety of selected classical, preclassical and traditional Sanskrit works, always with an emphasis on chanting.



The time from the early 1970s to the early 1980s was a very active period in Ashram history, especially for the Sanskrit Studies Department. Much exchange was going on with Brahmananda Ashram in San Francisco, California, founded by Shri Ramamurti in 1972 and serving as his teaching center for part of the year.

In 1974, he established a Sanskrit Scholarship Fund at Ananda Ashram, which continues to receive donations to enable students to study Sanskrit while participating in the Ashram lifestyle.

In the course of the years, many teachers trained by the Founder have taught Sanskrit at Ananda Ashram. Besides Bharati Devi, who was appointed head of the Department in 1974, there were Vyasananda (now known as Vyaas Houston), Devadatta, Tara Devi, Krishna Devi, Ma Bhaskarananda, Shri Radha, Karuna Devi, Vidyalkara, Shivananda (Gene L.) and Manorama. The Sanskrit instructors at Brahmananda Ashram in San Francisco—Indira Devi (Department head), Kiranavali Devi and Shanta Bulkin—also received substantial training at Ananda Ashram.

Shri Brahmananda Sarasvati himself taught Sanskrit until the last day of his life. Since his *mahā-samādhi* in 1993, Sanskrit studies and practices at Ananda Ashram have continued on a daily basis and are gradually expanding in scope. Most fortunately, Professor Ram Karan Sharma from Delhi has been teaching intermediate and advanced courses every year since 1998.

A great resource for the School of Sanskrit are the audio recordings of the Founder’s chanting, recorded live during programs given at his Ashrams. CDs of the *Bhagavad Gītā*, *Yoga Sūtras*, Upaniṣhads and other classical texts, as well as of the Sanskrit alphabet, are available through the Ananda Ashram website.

## YEAR-ROUND PROGRAMS & CLASSES WITH ASHRAM TEACHERS

### Yoga-Vedānta Studies through Original Sources

*with Bharati Devi, Ma Bhaskarananda,  
Karuna Devi & Shri Radha*

**Most Mornings 9:45-10:30 or 10:45am**

*preceded by Meditation & Vedic Fire Ceremony*

Tuition: By Donation, or included in  
Ashram overnight guest rate

Scriptural studies at Ananda Ashram focus on important Sanskrit texts that form the foundation of the science of Yoga and the universal philosophy of Vedānta. Included are the *Bhagavad Gītā*, most of the major Upaniṣhads, the *Yoga Sūtras*, works by Shankaracharya and other classical, Vedic or traditional sources.

*Yoga* signifies the essential harmony and union of individual existence with cosmic existence, as well as the teachings leading to its realization. Non-dualistic *Vedānta* philosophy declares the oneness and ultimate freedom of all beings in Pure Consciousness.

The texts, whether in the form of verses, *sūtras*, different styles of *mantras* or prose, come to life through chanting. This is followed, usually, by word-for-word translation and analysis, reading of commentaries and discussion of the relevance of these teachings especially in the present “age of conflict” (*Kali Yuga*).

The combination of a meditative approach, clarification of the philosophical context and grammatical explanation is designed to bring out the inner meaning as well as the practical significance of the texts.

The programs are open to all interested.

### Open Sanskrit Classes

*with Bharati Devi  
& Ma Bhaskarananda*

**Weekdays 10:45am**

**Weekends & Holidays 11:00am**

*In August: Weekend classes*

*plus Mon, Wed, Fri 4:30-5:30pm only \**

Tuition: By Donation, or included in  
Ashram overnight guest rate

Instruction in the Sanskrit language is available daily for resident students and the interested public. Even a very basic knowledge of Sanskrit grammar as “science of vibration” will give a more genuine, direct experience of the language and more independent access to the ancient texts, which encompass all branches of knowledge and culture.

Sanskrit is taught here through the unique, interactive method developed by Ashram Founder Shri Brahmananda Sarasvati. With its emphasis on chanting and rhythm, this method also functions as a meditative discipline and an energizing holistic therapy.

Classes may include reading and writing of the *devanāgarī* script, chanting of the Sanskrit alphabet and word forms, grammar, translation, conversational exercises and philosophy/psychology of language. At least the first part of each session will be of a general nature, with no prior Sanskrit knowledge required. Class length ranges from 45 minutes to 1-1/2 hours depending on attendance.

*\* Additional teachers in August:*

*Karuna Devi, Vidyalankara & Tara Devi*

## SPECIAL, SUMMER 2006 PROGRAMS

**June 16-18, Fri-Sun**

Fri 7:30pm - Sun 4:30pm



**Yoga Sūtra  
Weekend  
Intensive**

*with  
Ma Bhaskarananda*

Tuition: \$160

The *Yoga Sūtras* of Patanjali are the ancient source text on the science and philosophy of Yoga. Ma Bhaskarananda leads students in chanting of the *sūtras*, followed by study and discussion using commentary from Shri Brahmananda Sarasvati's *Textbook of Yoga Psychology* and other sources. Previous knowledge of Sanskrit is helpful, but not required. *Yoga Sūtras Manual* is included in tuition.

**July 27, Thurs** 10:30am-12:30pm  
& 2:30-5:30pm



**“Engage the  
Warrior Within  
through the  
Bhagavad Gītā”**

*with Manorama*

Tuition: \$108, Materials Fee \$16

Connect with the Source through chanting, silent contemplation and discussion of the *Bhagavad Gītā*. The question is: “Do we want to fight the inner battle or the outer battle?” When cultivating awareness, one engages the outer struggles as transformative experiences to draw one into one's stable core.

**July 10-28, Mon-Fri**

10:45am-12:30pm, Mon-Fri only



**Sanskrit  
“Science of  
Vibration”:  
Introductory  
Course**

*with Bharati Devi*

Tuition for 3-week Course \$300 /  
single class \$20. Includes 10:45-11:30am  
open session (by Donation)

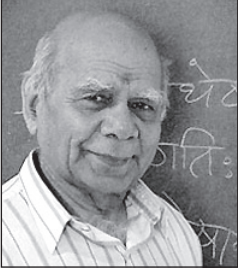
This course is meant for those who wish to gain more direct access to the timeless wisdom contained in the ancient Sanskrit texts. Taught through the unique, interactive method developed by Shri Brahmananda Sarasvati, emphasis is on chanting and rhythm. An important principle to be realized and verified: *Sanskrit is in the sound.*

Students will get effective practice in pronunciation and in the *devanāgarī* script, as well as a good introduction to basic grammar including verbs, nouns, pronouns, sentence structure and *sandhi*. Also included will be introduction to the science of prosody (poetic meters) and philosophy/psychology of language.

At least one hour a day should be planned for homework. Study materials are included in tuition.

*Policy Note:* Participants in summer courses of 1 week or longer who contribute 6 hours/week of Ashram service will receive a 25% reduction on their overnight guest rate. Also inquire about tuition scholarships.

## INTERMEDIATE/ADVANCED COURSES WITH PROFESSOR RAM KARAN SHARMA



**July 31 - Sept 1, 2006**

10:30am-12:30pm, Mon-Fri only

The School of Sanskrit at Ananda Ashram is very fortunate to be able to offer another series of Intermediate Courses and public lectures by distinguished Sanskrit scholar and poet, Professor Ram Karan Sharma. This summer marks the 9th year of his service to Ananda Ashram as a guest teacher and special advisor. His contribution has been invaluable.

It is a truly unique opportunity for those who already have a basic knowledge of Sanskrit to expand their understanding by studying with a master teacher from India. Presentation of the texts will include grammar, various linguistic aspects and philosophy. Requirements for attendance are acquaintance with the *devanāgarī* script and a preliminary knowledge of Sanskrit vocabulary. Beginners may attend informally. *Study materials are included in tuition.*

*Policy Note:* Participants in Ashram summer courses of 1 week or longer who contribute 6 hours/week of Ashram service will receive a 25% reduction on their overnight guest rate. Some tuition scholarships are also available.

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**Jul 31 - Aug 11, Mon-Fri**

10:30am-12:30pm, Mon-Fri only

**Kālidāsa's Raghuvamśam,  
Canto 13**

Tuition: 2-week Course \$300  
(single class \$30)

Kālidāsa may well be the most famous and respected Sanskrit poet of all time. This chapter of his great epic poem *Raghuvamśam* describes Rāma's return to his city of Ayodhyā via "aerial car," after defeating the demons and rescuing his wife Sītā. Canto 13 excels in depiction of the beauty of Nature—including the ocean, the beach, rivers, forests and other flora and fauna. No less touching is the description of the reunion of Rāma's family after the long exile.

**Aug 14-25, Mon-Fri**

10:30am-12:30pm, Mon-Fri only

**Kaṭhopanīṣhad**

Tuition: 2-week Course \$300  
(single class \$30)

Among the ancient scriptures called Upanīṣhads, which are the original source of all Vedānta philosophy, one of the most thought-provoking is *Kaṭhopanīṣad*. It presents a rare model of togetherness and spiritual dialogue between an innocent mortal child of this planet, Nachiketas, and the immortal god of death of the other world, Yama.

*Kaṭhopanīṣad* is a comprehensive, highly poetical text on the mystical teachings of meditation and liberation from death.

**Aug 28 - Sep 1, Mon-Fri**

10:30am-12:30pm, Mon-Fri only

**Pāṇini Sūtras, Chapter 3**

Tuition: \$150 (single class \$30)

Just as *Prakṛti* and *Puruṣa* (Energy and Consciousness) are at the root of creation, so *prakṛti* and *pratyayas* stand at the root of all linguistic structures. The verbal roots, *dhātus*, constitute the deepest original root of any linguistic category, as is clearly shown in the Sanskrit language. Chapter 3 of Pāṇini's *Aṣṭādhyāyī* deals with the various paradigms of *dhātus* including primary derivatives. This chapter thus represents the basic structural aspects of the Sanskrit language. (*Advanced Grammar course*)

## LECTURES BY PROF. RAM KARAN SHARMA

*No prior Sanskrit knowledge required to attend*

Lecture Fee: \$12 / members \$10. Included in overnight guest rate

**Aug 4, Fri** 8:30pm

Talk on Guru and Parama-Guru

Prof. R.K. Sharma will examine the concept of *Guru*, the spiritual teacher, and *Parama-Guru*, the teacher's teacher, in the Indian tradition.

**Aug 9, Wed** 8:30pm

The Significance of Sanskrit

This full moon day in August (celebrated as *Rakṣā Bandhana* or Day of Protection) has been officially designated as "Sanskrit Day" in India. Prof. R.K. Sharma's discourse will highlight relevant aspects of the Sanskrit language and culture.

**Aug 19, Sat** 11:00am (By Donation)

Krishna as a Messenger of Peace

"The very incarnation of Krishna was intended to bring about peace on this planet. The very philosophy of the *Bhagavad Gītā* propounded by him has as its underlying message peace and meditative wisdom."

**Aug 25, Fri** 8:30pm

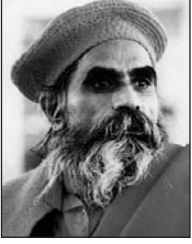
Significance of Gaṇeśha  
Chaturthī (Day of Gaṇeśha)

Having edited the mythological text *Gaṇeśha Purāṇa*, Prof. R.K. Sharma has much to add to people's understanding of the "elephant-headed deity."

**Prof. Ram Karan Sharma**, based in Delhi, is President of the International Association of Sanskrit Studies (IASS). An eminent scholar and educator, Sanskrit poet, translator and editor, he is the author of a number of books. With his background of traditional Vedic education combined with modern university training, he taught as professor of Sanskrit (including Pāṇini grammar), Linguistics and Philosophy in India and the U.S. He was vice chancellor of K.S.D. Sanskrit University in Darbhanga and Sampurnananda Sanskrit University in Varanasi and served in the Ministry of Education of the Indian Government for many years. He is the recipient of numerous honors and prestigious awards including the President's Award (India). Prof. Ram Karan Sharma's special interest is in the unifying aspects of Sanskrit and other classical traditions of the world.

## SIGNIFICANCE OF SANSKRIT

BY SHRI BRAHMANANDA SARASVATI  
(RAMAMURTI S. MISHRA, M.D.)



I love the study of the Sanskrit language. It is a great help for Self-realization, especially for reading all Yoga and Vedānta books in their original form, which is Sanskrit. But the knowledge of the Sanskrit language is not compulsory for Self-realization, because the Self is beyond all language. Self is silence, and language is the breaking of silence... By the power of meditation, a meditator can begin to know the Sanskrit language naturally. (1960)

Language is like the current of a river, such as the river Gangā. The Gangā originates from the Himālaya Mountains. It embraces all rivers coming into it, but continues to move on and on, with fresh currents in every moment, and finally its journey is perfected by merging into the ocean. The Sanskrit language is like the Gangā. It is the mother of the world's languages, and its ultimate perfection is in freedom and enlightenment. But in recent times, due to lack of proper teachers and a modern way of teaching, the beauty, perfection and divine taste of the Sanskrit language have not been available to everyone. Therefore, we need an up-to-date, modern and simple way of presenting this language... so that all those who like to study it may enjoy. (1980)

You can see TV, listen to the radio, read newspapers. One thing is common in the past, present and future: wherever there is war in any form, the cause behind it is the untrained and undisciplined mind and heart. In this condition, what can be done? What is our duty and responsibility? Should we silently watch the destruction of the whole planet?... What should we do to prevent these wars, calamities and catastrophes?

You cannot change the human mind, but you can change its contents. When mental contents change, then automatically our hearts become the divine center of unity. Here, by “change” I mean transformation of the mind through Sanskrit, because Sanskrit is the cosmic language, the language of unity. Sanskrit is the mother of all languages. Sanskrit is the divine language with power to unite the whole world.

When an individual does not resolve his or her own problems, then the problems become domestic. If the family and house are out of order, then naturally the whole society becomes lawless, disorderly. When society is out of order, then we have national and international war in various forms. Therefore, to avoid this chaos and confusion, we must discover the center of unity in our own hearts and minds.

Every problem originates from within; not only the obvious, but also countless subtle problems lie deeply rooted in the unconscious mind. We cannot solve these problems easily, because the untrained, undisciplined mind itself is the problem-maker. Therefore, we need to raise the contents of our hearts and minds from lower to higher, spiritual plane through Sanskrit... In addition to modern languages, we need Sanskrit as the language of the heart and unity, the language of integration. (1989)



## SIGNIFICANCE OF SANSKRIT BY PROFESSOR RAM KARAN SHARMA

Sanskrit is one of the oldest surviving members of the Indo-European family of languages, characterized by its uninterrupted continuity for at least the last six thousand years. It is not confined to any region, any religion, any one philosophical school or race or caste.

It has served as a vehicle for all kinds of literary, cultural, spiritual, intellectual, philosophical and scientific expressions of humankind throughout the ages. It continues to serve as a medium of expression including day-to-day conversation and modern aesthetic creations. It has also served as a most effective medium for a dialogue of cordial understanding between the East and the West for at least the last two centuries.

Sanskrit represents not merely a language, but a distinct tradition that brings us closer to one another linguistically, philosophically, culturally as well as spiritually.

ओम् ॥ सह नाववतु । सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु । मा विद्विषावहै ॥  
ओं शान्तिः शान्तिः शान्तिः ॥

OM. SAHA NĀVAVATU, SAHA NAU BHUNAKTU,  
SAHA VĪRYAṂ KARAVĀVAHAHAI.  
TEJASVI NĀVADHITAM ASTU, MĀ VIDVIṢĀVAHAHAI.  
OM ŚĀNTIḤ, ŚĀNTIḤ, ŚĀNTIḤ.

May He protect us both in togetherness.

May He nourish us both in togetherness.

May we both work in togetherness with great energy –  
physically, mentally and spiritually, individually and universally,  
psychologically, economically, nationally and internationally.  
May our study be vigorous, and may our meetings be effective  
to strengthen our togetherness in all respects.

And may we not hate each other, destroying our togetherness!

OM Peace, Peace, Peace –

physically, mentally and spiritually,  
in the past, in the present and in the future.

*Peace Invocation from the Upanishads.*

*Translation by Shri Brahmananda Sarasvati*

The *Purposes* of the School of Sanskrit were published to honor 30 years of the School's ongoing teaching activities in 2001. They are excerpted from the *Purposes of the International Schools of East-West Unity (Gurukula), Inc.*, and the *Baba Bhagavandas Publication Trust*, both founded by Shri Brahmananda Sarasvati. Activities are based at Ananda Ashram in Monroe, New York, under the auspices of the *Yoga Society of New York, Inc.*

## SCHOOL OF SANSKRIT at ANANDA ASHRAM

Monroe, New York

### Including Yoga-Vedānta Studies through the Original Sources

•  
Founder: Shri Brahmananda Sarasvati (Shri Ramamurti)

•  
Ongoing Teaching Activities since 1971

•  
Daily Classes and Programs Open to the General Public  
Weekend Lectures and Workshops  
Seasonal Courses

Special Advisor and Guest Teacher: Professor Ram Karan Sharma

Director: Bharati Devi

*An effective, natural and enjoyable approach to the study of Sanskrit*

### Purposes and Goals

- In the Words of the Founder -

1. To promote the Sanskrit language, which has been called the mother of all languages, especially the Indo-European languages. To prepare students and teachers of Sanskrit and to help the general public have access to the original works existing in Sanskrit.
2. To promote the strengthening of relations and removal of misunderstandings between East and West, physically and psychologically, nationally and internationally.
3. To promote education in those Sanskrit works which help humanity to experience the freedom of "I-Am" (Pure Consciousness) and to understand the unity behind all physical and metaphysical sciences, that is, the ultimate basis of the unified field theory of science, psychology, philosophy and all of existence, which is "I-Am."
4. To promote the aims of the *International Schools of East-West Unity (Gurukula), Inc.*, which include:
  - \* World peace through meditative understanding
  - \* Spiritual unity of all nations, religions and traditions
  - \* Nonviolence (*ahimsā*) and acceptance of truth (*satyāgraha*)
  - \* Holistic life in every way
  - \* Discovery of natural unity, harmony and peace, individually and universally, through meditation
  - \* Truth, tranquility and beauty (*satyam, shivam, sundaram*) for all beings, without discrimination of class, creed, race, sex or other forms of discrimination.

*Om Shāntih*

May 2001

## TEACHERS



**Bharati Devi** (Bharati E. Balmes) is head of the School of Sanskrit at Ananda Ashram. She began her studies with Shri Brahmananda Sarasvati—then known as Ramamurti S. Mishra, M.D.—in 1968. She studied the Sanskrit language, Yoga-Vedānta philosophy, meditation and related subjects with him both in Europe and at his Ashrams in the U.S., simultaneously working as his assistant. Under his direction she began teaching in 1971. Bharati was also appointed trustee of the International Schools of East-West Unity (Gurukula), Inc., and of the Baba Bhagavandas Publication Trust.

**Ma Bhaskarananda**, faculty member of the School of Sanskrit, received direct training in meditation, Sanskrit and Yoga-Vedānta philosophy from Shri Brahmananda Sarasvati for more than fifteen years. She currently teaches at Ananda Ashram, the Ayurvedic Institute in New Mexico and other centers around the country. She is also the coordinator for the Ayurveda Studies Department at Ananda Ashram.

Ashram Teachers **Karuna Devi, Shri Radha, Tara Devi** and **Vidyalankara** all had extensive training over a period of years with Founder Shri Brahmananda Sarasvati in Yoga-Vedānta philosophy, the Sanskrit language and meditation. Shri Radha (Radha Gaines) is also a trustee of the International Schools of East-West Unity (Gurukula), Inc., and of the Baba Bhagavandas Publication Trust.

**Manorama** (Thea D'Alvia) studied Sanskrit, meditation and Yoga philosophy with Shri Brahmananda Sarasvati and has continued her studies in Sanskrit with Prof. R.K. Sharma. She is a graduate of Columbia University. The director of the 'School of Sanskrit Studies in NYC,' she teaches Sanskrit as the *Path of Luminous Shabda* ('Sound as Light') at many Yoga centers throughout the U.S. and leads workshops nationally and abroad.

### Registration

Please call or email Ananda Ashram in advance to register for workshops and courses of one full day or longer. Tuition is due at the time of the first session. Please give at least 5 days notice if you cancel your workshop registration. (Some workshops or courses may require a deposit of 25% of tuition, fully refundable if the program is cancelled by us.)  
*Note:* Ongoing programs or classes do not require pre-registration.

We accept Visa and MasterCard, checks and money orders.  
phone: 845.782.5575  
email: [ananda@anandaashram.org](mailto:ananda@anandaashram.org)

### Overnight Reservations

Reservations for Ashram overnight accommodations are accepted by phone only: 845.782.5575. Call as early as possible, especially if you prefer a semiprivate room. Full guest rate payment is due upon arrival. We request at least 5 days notice for cancellation. Also inquire about camping and about work-study opportunities.

### Travel Directions

The Ashram is located about 1 hour northwest of New York City, 3 miles from the intersection of Routes 87, 17 and 6, and easily accessible by car, bus or train. See website for detailed information.

**Ananda Ashram**

Yoga Society of New York, Inc.

13 Sapphire Road, Monroe, NY 10950

[www.anandashram.org](http://www.anandashram.org)

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SUMMER 2006 PROGRAMS**