

18 Sept to
3rd Oct, 2010

Ananda Palli Retreat Centre
& Organic Farm
Stanthorpe, Queensland

ANANDA MARGA

Spiritual Lifestyle Training

*An intensive course to live and learn
Ananda Marga tantric philosophy
& holistic lifestyle*



This course will be a unique opportunity for you:

- If you have recently come in contact with Ananda Marga community and would like to widen your understanding of the philosophy and deepen your personal spiritual practices
- Or, if you have already practiced Ananda Marga lifestyle but now wish to be renewed with inspiration and anchor your practices through intensive study.

The program will include:

- Daily classes on philosophy & practice
- Daily meditation sessions
- Kiirtan chanting
- Guided fasting
- Yoga Asana Classes
- Vegetarian cooking
- Art and creative expression
- Sports & beautiful walks
- Karma yoga and farming
- The company and guidance of highly experienced teachers and the support of a close group.

All meals and accommodation included.



About your teachers:

Dada Krsnapremananda is a senior monk, who has been teaching meditation and yoga for nearly 40 years. He has conducted spiritual lifestyle training in Europe and Australia.

Didi Ananda Tapomaya' has traveled internationally over the past 20 years, teaching yoga and meditation and running a variety of social service projects including schools & childrens' homes.

Enquiries: (brothers)

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(sisters)

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Please apply by 4 September.
Limited spaces available.

Cost: \$200 (Concession: \$140)