

# Ananda Ashram's Silent Retreat Weekend

**May 18 - 20**

Fri 5:30pm (Dinner) - Sun 4:00pm

All inclusive rates:

Dorm \$140/members \$130

Semiprivate \$180/members \$160

Camping \$112/members \$104

To Register, call 845.782.5575

*Please register early for this popular retreat.*



**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 and Karuna Devi as they offer 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, and a Devotional Vocal Concert by Deepak Kumar, with tabla accompaniment, on Saturday evening.

For all 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!



**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 management program. Shri Brahmananda called Joan Suval "Mother of the Ashram."

For more information, visit [www.meditationreadings.org](http://www.meditationreadings.org)



**Karuna Devi** met her Guru Shri Brahmananda Sarasvati in 1972 and has been a lover of Sanskrit and the practice and art of meditation since that time. She has also been deeply influenced by her study of Indian classical music with Acharya Roop Verma and Zen Buddhist practice under the guidance of Eido Shimano Roshi.

Karuna has served as a staff member and teacher at Ananda Ashram for many years.

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



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, easily accessible by car, bus, or train.

Ananda Ashram 13 Sapphire Road Monroe, NY 10950 845.782.5575 [www.anandaashram.org](http://www.anandaashram.org)