

An authentic Ashram experience with **Dr Ananda Balayogi Bhavanani**



Asana
Pranayama
Mantra
Yoga Chikitsa

Friday 19 to Sunday 21 April 2013

Hilston Park, Monmouth, South Wales

Here is your chance to be part of an authentic Indian-style Yoga retreat led by this energetic young Yoga Master. He is the son of **Yogamaharishi Dr Swami Gitananda Giri** and **Yogacharini Meenakshi Devi** of **Ananda Ashram, Pondicherry, South India.**



A Gitananda Yoga Retreat with Dr Ananda Balayogi Bhavanani

19-21 April 2013, Monmouth, South Wales

This retreat is for everyone, whatever their level of Yoga experience. **Dr Ananda Balayogi Bhavanani** is a Fellow of the Indian Academy of Yoga and a Director of the Council for Yoga Accreditation International. He has authored numerous Yoga books and DVDs.

Dr Ananda will pack the weekend with a life-time of Yoga experience. The day starts with Hatha Yoga, followed by Pranayama breathing classes and then afternoon theory and practical workshops. There will be evening lectures and music concerts, as well as time to explore the amazing Welsh countryside.

The retreat will be held at Hilston Park, a rural mansion converted into an Educational Ecocentre. It is close to the M4 and M5, and is about two hours away from London and Birmingham. All meals are vegetarian. Accommodation is in shared rooms (other options may be available on request).

If Dr Ananda is unable to attend the retreat will go ahead with a partial refund. Cover images by Christian Clauss of 2012 Berlin Workshops.

For more information contact Kalavathi.
Email: kalavathi@yoga-wales.co.uk
Tel: 07727 139 379

Kalavathi is in the process of moving, so please contact her first for the new postal address.

BOOKING FORM

Name

Address

.....

Postcode

Email

Tel Date

3-DAY RETREAT £335 ___ place/s

EARLY BIRD RATE £295 ___ place/s
(valid until 31/11/12)

1-DAY DELEGATE £90 ___ place/s

½-DAY DELEGATE £50 ___ place/s

Total cheque amount: £ _____

Dietary requirements

.....