

- * Eating Together * Working Together
- * Laughing together * Singing Together
- * Talking Together * Listening Together
- * Playing Together * Meditating Together

MONTHLY -YOGA AND MEDITATION RETREAT

(Every Second Weekend of the Month either Sat or Sun)

November 11th 2017 Saturday from 3.00 PM till 8.00 PM

Aananda Marga Ashram, 27160 Moody Road, Los Altos Hills, CA 94022,

http://anandamargaoflosaltoshills.ampsnews.org/

Monthly Yoga and Meditation Retreat we are looking forward to see you all this coming Sunday from 2-6 PM!

This will be open to all, either beginner or long time meditators- including yoga teachers and practitioners and also to anyone who are interested to learn, explore and deepen individual spiritual / meditation practice.

This activity will be a meeting place where people gather together periodically like once a month for sharing, guidance and mutual support and to meet many other like-minded people and interests related to Ayurveda, Yoga and Meditation, Spirituality and well-being.

The Platform aims to be such truly,

"Open Space- a community" where all diverse Traditions and authentic ways of Spiritual / meditation practices are respected.

It is a place, where the hearts are filled with abundance of Love and Compassion and there is hunger for Knowledge and Wisdom.

Number of participants are limited based upon available space.

FOR MORE INFORMATION CONTACT: SACHIN DESHMUKH: DR_SACHIN@HOTMAIL.COM

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