

Yoga Bharati



Invites you to our Yoga Retreat 2009

Happiness and Spirituality

Come and experience the knowledge of Yoga Guru Duet

Yogashree N.V. Raghuram and His Holiness Swami Bodhananda Saraswati

Organized by Yoga Bharati and Sambodh Society



Date/Time

July 3rd, (registration begins at 2:00pm)

July 5th (Event ends at 2:00pm)

Fees

\$200 (adult), \$150 (kids 5 years and above)

Kids below 5 years are FREE

Place (Point Bonita, near San Francisco)

YMCA Point Bonita Outdoor & Conference Center

981 Fort Barry, GGNRA, Sausalito, CA 94965

What to expect in the Camp

In depth knowledge of Yoga, daily morning Yogasanas, Meditation, Pranayama for calming and strengthening of the mind, Suryanamaskara to boost immunity, Hiking to attune with nature, Shloka chanting and Bhajans to transcend to blissful state, Panel Discussions to learn from Guru Duet. In addition, your deep quest for understanding and knowledge will be satisfied by questions and answer sessions. Food and lodging will be provided. Camp also includes fun activities for kids.

For more information, please visit, Yoga Bharati - <http://www.yogabharati.org>

Call :: Savita (408) 247-3565 / Ashwini (408) 446-1801 or email yogabharati@gmail.com

Shri N V Raghuram is an international coordinator of SVYASA, Bangalore, and travels extensively around the globe to spread the message of Yoga Philosophy. Shri. Raghuram is a honorary of *Yogashree* award in 2007, special award of excellence in Yoga.

He is responsible in starting therapy based Neurological Clinic at Germany, Memorial Heart Hospital in Turkey and is the founder of spiritual organization, Yoga Bharati. For more information, please visit <http://www.nvraghuram.blogspot.com>

His Holiness Swami Bodhananda Saraswati is a spiritual Founder and Director of 11 organizations and ashrams. He is the author of several books and has devised powerful Meditation Techniques. Swamiji is a living example of renunciation and fullness, having attained a most precious spiritual capstone-the capacity to see everything and everyone as an expression of that One integral, joyful whole.

For more information, please visit, <http://sambodh.com>

Yoga Bharati is a Non profit **Voluntary** Organization with chapters all over the world. Our goal is to bring Yoga in its purest form. Yoga Bharati aims to spreading health (at physical level), happiness (at mental level), knowledge (at intellectual level), peace (at spiritual level) in everyday life.