

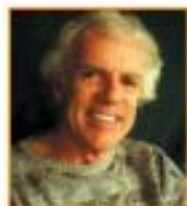
NEW 2004 YOGIC INTENSIVES in sunny California

*"...the Sivananda Yoga Farm...
universal teachings of Yoga
surrounded by private meadows
& the rolling Sierra Nevada
foothills."*



Yoga for People with Limited Flexibility and Weight Loss July 9 - 16 (7 days)

"Two out of three Americans are overweight or obese...You might think that you are eating right, but by making subtle changes in what & how you eat, you could start eating considerably healthier." (Time Magazine, October 2003). True weight reduction is not only physical, but comes from a shift within one's self, affecting perception & lifestyle. Join Ambika (Jennifer Andrews, registered dietician and Ayurvedic specialist) and Anandi (Amanda Carter, occupational therapist) using both Western and Ayurvedic principles for weight reduction.



Yoga for the Scientific Mind: July 30 - Aug 6 (7 days) "The Science of Consciousness"

Examine the results of quantum mechanics, parapsychology, healing and relativity - go outside the "box" towards a new paradigm of science. A liberating process which underlies technology that will heal us and the planet, with Dr. Brian O'Leary and Swami Sitaramananda.



Beginners' Vedic Astrology Intensive: Aug 8 - 15 Discovering your Karmic Challenges and their Remedial measures

Our need to understand our destiny, our reason for being here, is what motivates us towards spiritual growth. Kamilla Sutton uses her deep love of Vedic mythology behind the lunar nodes (Rahu-ketu) to show how we can release all patterns and move on to embrace our future.



Classical Yogic Meditation Training Retreat: (10 days) Aug 22 - Sept 1; Nov 14 - 24

Learn basic techniques of classical Yogic meditation to gain an understanding of how your own mind works. Lead by Swami Sitaramananda, a senior international meditation teacher. You will be personally coached and will receive daily guidance in understanding the recesses of the mind.



Labor Day Weekend: Sept 3-6 (4 days)

Vedic Astrology - Success in Life & God Realization

This 5th Annual conference of Jotish (traditional astrology of India) will present discussions on spiritual indicators, personal & global predictions & working with astrological phases in our lives. Guest teachers include James Kelleher, Edith Hatherway Ernst Wilhelm & Carol Allen.



Yoga of Architecture and Home Design: Sep 10 - 17 (7 days) "A Feng Shui Intensive"

Learn in depth, the psychology of space, application of color and influences on our lives in home or office environment. Step into a new concept of manifestation called "The Third Alternative." Presented by Sym Kune Loh (Skanda) a visionary artist, therapist and an international speaker. Includes lectures on Yoga and Vedants by Swami Sitaramananda.



Thanksgiving: Nov 25-28 (4 days) Sacred Visions, Sacred Sounds, Sacred Arts, Sacred Healing

This retreat will bring you to a Sacred Realm; Visionary Dolores Cannon (foremost authority on Nostradamus prophecies), sacred paintings of Pieter Woltevrede & Meredith Miller, inner & outer universes with Dr. Brian O'Leary & astronomer John Dobson, sacred dance with Sri Lata Suresh, and sacred healing ceremonies of Krishnan Nambodiri.

Don't forget our Vegetarian Thanksgiving Feast!

also **Yoga Teacher Training Course (TTC)**
May 9 - June 6 & Oct 10 - Nov 7

- **Discounts for Pre-registration** •
- **Space is Limited** •
- **For Reservations & more information...** •

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