

# Ananda Marga

## Spring Retreat

Ananda Liina  
April 23-25, 2010



The Spring Retreat is a two day spiritual gathering and celebration. It is a golden opportunity to immerse yourself in a flow of spiritual practices, profound learning and mental expansion. It offers a time and space to experience a deep connection with the divine Self, spiritual joy, inner peace, clarity, well-being, friendship and spiritual company.

The Retreat starts on Friday Evening and Ends on Sunday at 1:30 PM

The **program** will include:

- Dharmacakras (collective chanting and meditation)
- Classes and workshops on meditation, spiritual and social philosophy
- Yoga asana classes
- Cultural programs: sharing music, poetry, etc.
- Nature walks and tour of the eco-community

**What to bring:** Blanket/mat for asanas - Notebook and pen - Musical instruments. If you stay the night: Sleeping bag - Flashlight - Towel & only bio-degradable toiletries, please. Drugs, alcohol and tobacco are not allowed on premises.

**Fees and registration:** General fee: \$85 Students: \$60 Children 5-12 : \$15  
Pre-registration by mail, email or phone is helpful for our planning

Send your form to: Ananda Liina , 2308 N. High Cross Road, Urbana, IL 61802.

Please make checks payable to: Ananda Marga. Special needs? Financial concerns? Contact Dada Vedaprajinananda at [info@anandaliina.org](mailto:info@anandaliina.org) or 217-344-6386



## **Transportation**

**Arrival by Air :** Champaign, Willard Airport: To schedule pick-up, contact us with flight info. Chicago, Midway or O'Hare Airports: Take the train or bus to Champaign (make sure you book your train ticket in advance). To schedule a pick-up from the bus/train terminal, contact us with arrival info.

### **Arrival by Car:**

**Coming from the east or west** on I 74: Take exit #185. Merge right onto University Ave. and proceed to the first traffic light. Turn left, that is also called University Ave. At the second traffic light turn left onto High Cross Rd. We are located about 1.7 miles on the right side of the road. Turn right at the entrance about 150 ft. past a street called Bruce Acres. The sign before our driveway says "Green Island Ananda Liina" . If you've come to Airport Rd., you've gone about 1/8 of a mile too far.

**Coming from the north or south:** Take I 57. Turn onto I 74 east and follow the directions above "Coming from the west".

### **Contact Information:**

Ananda Liina  
2308 North High Cross Road  
Urbana, IL 61802  
Telephones: 217-344-6386, 347-610-2695, 217-369-1076  
**e-mail:** info@anandaliina.org **website:** http://www.anandsliina.org

**Please fill out the form and send it to Ananda Liina**  
**Make checks payable to "Ananda Marga"**

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## **Registration Form**

Name: \_\_\_\_\_ Sanskrit name: \_\_\_\_\_

Gender: M / F \_\_\_\_\_

Address: \_\_\_\_\_

Phone number(s): \_\_\_\_\_ Email: \_\_\_\_\_

Amount paid \_\_\_\_\_