

Kriyananda Devi has been committed to the study and practice of yoga, yoga philosophy, and meditation for over 30 years. She has made pilgrimage to India eight times, visiting many sacred sites. She lived in India for a total of 3 years studying under the guidance of her guru, Swami Prakashananda Saraswati. Her last visit to India included a 40 day stay at an Ayurvedic Health Center near the border of Tamil Nadu and Kerala. There she received Ayurvedic treatments (Pancha Karma). "It was one of the happiest, most nourishing, nurturing experiences of my life." Kriyananda has been invited to return and bring others to these well established ashrams, Ayurvedic Health Centers, and to other sacred spots. She is excited to share these opportunities with all who are interested.



Uma Reed has traveled the path of eastern spirituality since the early 1970s, studying with various teachers in numerous ashrams and spiritual communities. She was drawn to bhakti yoga, and kirtan was one of the practices that touched her deeply. Her path eventually led her to the study of Sanskrit and Advaita Vedanta — the extraordinary non-dual teachings of the Upanishads — which help to unfold the deeper meaning of the kirtan songs. She currently gives workshops, classes, and leads regular kirtan chanting groups in northern California. Uma is also the creator of the *Magic Mirrors* oracle cards and the author of *Developing Your Intuition With Magic Mirrors*, published by Hay House.



YOU ARE WARMLY INVITED ON A PILGRIMAGE TO INDIA — THE LAND THAT BIRTHED YOGA & AYURVEDA; THE LAND THAT INSPIRED SAINTS AND SAGES FOR THOUSANDS OF YEARS!

- EXPLORE India in its sacredness, grace, splendor, magical complexity, and awesome beauty
- BE INSPIRED by enlightened masters who have devoted their lives to teaching the ancient wisdom of the yogis
- DISCOVER YOURSELF in a whole new light
- REST in the deepest essence of your being
- NURTURE YOURSELF by receiving healing, therapeutic Ayurvedic treatments
- NOURISH YOUR BODY with delicious, nutritious, freshly prepared, balanced meals
- ENJOY sharing this experience with familiar and new friends

This organized pilgrimage to India is impeccably designed to offer you an experience of a lifetime while leaving room for the inevitable surprises and glimpses into experiences richer than one can imagine!


TO RESERVE YOUR SPACE OR FOR MORE INFORMATION CONTACT:

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View the slideshow of the
 2011 Spiritual & Healing
 Journey to India at:
www.sacramentoyogacenter.com

A detailed schedule is available.



Spiritual & Healing Journey to India

with Kriyananda Devi
& Uma Reed





March 16–April 5, 2012
 Vedanta retreat in Rishikesh plus Taj Mahal
 and / or
 April 5 — Journey to
 Ayurvedic Healing Center
 in South India for one to four weeks

TOUR PROGRAM "A"

- Optional daily yoga classes, evening kirtan, meditation, introduction to Vedanta
- 3 days relaxing and acclimating with Ayurvedic consultation and massage in luxurious surroundings
- 10-day Vedanta course at Swami Dayananda's ashram on the Ganga River in Rishikesh
- Private group time with this enlightened master
- Temples, ashrams, ancient meditation cave, and footpath tread by yogis for thousands of years
- Sacred time at Holy Ganga River
- Shopping in Rishikesh and Delhi
- A trip to the Taj Mahal, one of the man-made wonders of the world!

This journey will offer you a rare opportunity to study the ancient teachings found in the Upanishads, known as Vedanta. Vedanta is a profound and amazing tradition of knowledge leading to the discovery of the true nature of reality and oneself. The study of Vedanta addresses questions that relate to the ultimate goal of life, and the reality that underlies all creation.



CHOOSE FROM PROGRAM "A" OR PROGRAM "B" OR COMBINE INTO ONE EXTENDED PROGRAM!

VARIOUS COST PACKAGES AVAILABLE, BASED ON PROGRAM AND ACCOMMODATION PREFERENCES. Please contact Uma or Kriyananda Devi for more information about the various packages and prices.

Cost covers all expenses, including food, lodging, and ground transportation in India. Airfare and travel insurance to and within India are separate costs, and can be arranged for you by our guides.

This opportunity is available to the first 14 people who apply. A 20% non-refundable deposit is required by December 1, 2011. An installment plan is available. Please contact Kriyananda Devi or Uma Reed to arrange a plan that suits your needs.

TOUR PROGRAM "B"

Join Kriyananda Devi and Uma for a journey to an Ayurvedic Healing Center in southern India beginning April 5. If you participated in Program "A," you are invited (not required) to continue on with us for Program "B." There you will experience the therapeutic and rejuvenating effects of this ancient healing method, customized to address your individual needs.

Ayurveda, one of the oldest healing modalities on the planet, is practiced in its original, authentic form here. The doctors are credentialed MDs with a specialty in Ayurvedic medicine, who skillfully combine traditional and modern therapies. This lovely treatment center is nestled in the hills of Tamil Nadu, bordering on national forest land. The grounds are home to various gentle forms of wildlife, and are conducive to deep rest and relaxation.

Charges include accommodations, Ayurvedic vegetarian meals, medications, treatments, therapies, and doctor consultations. Discharge medications are not covered.

One, two, three, and four-week packages are available. Please contact Kriyananda Devi or Uma Reed for charges and details.



YOGA • KIRTAN • VEDANTA • AYURVEDA • HOLY SITES • MEDITATION • INSPIRATION • RELAXATION • HEALING

