

ANANDA DALLAS

MEDITATION AND YOGA CENTER

SOUND HEALING WOMEN'S RETREAT RESTORATIVE

Saturday, March 3, 9am – 3pm

Cost: \$90 includes Lunch

Join us for a day long women's retreat filled with yoga, meditation, satsang, and lunch, followed by an amazing journey into sound and relaxation with Restorative Yoga and Gong Therapy.



Schedule:

9-10:30: Hatha Yoga with Lynn Absher

10:30-11:30: Chanting and Meditation

11:30-12:00: Toning at the Chakras

12:00- 1:00: Lunch and Satsang

1:00-3:00: Sound Healing Journey



Heal the body/mind, raise your consciousness with
immersive sound healing and yoga!

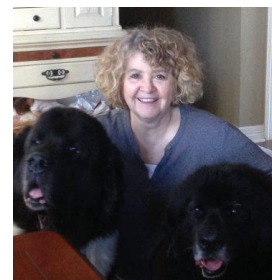
Sundari Allampudi is a Sound Healing Practitioner trained under Jonathan Goldman who has been working with and using sound and light from the past 20 years for manifesting intended goals, both spiritual and material.



Maitri Smithhisler, e-RYT 500, has been a member of Ananda since 1987. She serves as an Ananda minister, leading Sunday Services, our Family Ministry, and other events year round. She has taught yoga and meditation for over 20 years.



Lynn Absher is a certified yoga instructor with the Yoga Alliance since 2003 and loves to explore the dynamic between will and surrender while practicing poses slowly, holding them to energize and rejuvenate every area of the body.



For more information or to register, visit us at
AnandaDallas.org or call 972.248.9126

