

New Year's Retreat

with **Swami Nirmalananda**

**December 30 2017
to January 1 2018**

Saturday 5:30 pm – Monday 11:00 am

A yogic start to the New Year – spend the weekend with Swami Nirmalananda in beautiful Atlanta. Three yoga-full days will end 2017 and bring in 2018. As Swamiji describes, “Baba always emphasized starting the new year right, with early morning practices to invoke a yogic state. It sets the tone for the whole year.”

Our retreats have a relaxed schedule, but still with lots of yoga and meditation. Appropriate for brand-new yogis as well as experienced Svaroopis, everything is provided, including housing, meals, props and how-tos. We’ll be staying in one big retreat house, to deepen your immersion with Swamiji as well as to enjoy the many yogis coming together for this event.

Swami Nirmalananda Saraswati



As a Saraswati monk, Swamiji wears the traditional orange, and has openly dedicated her life to serving others. Swamiji teaches Downingtown Yoga & Meditation Center's meditation programs, during which she makes the highest teachings accessible to everyone, guiding them to the knowledge and experience of their own divine essence. She shares her incredible knowledge in a personal and life-embracing way, through her humor as well as her caring presence.



LOCATION

2730 Margaret Mitchell Drive
Atlanta, GA 30327

TEACHERS

Swami Nirmalananda
and Ashram Faculty

TOTAL ENROLLMENT

Early Rate: \$762
(on or before Nov 27 2017)
Standard Rate: \$802

REGISTRATION

<http://svaroopa.org/new-years-retreat-171230>

