



Spirit and Nature Dancing Together: How To Be Truly Well

~ A Guided Retreat with Dr. Shanti Rubenstone & Nayaswami Vidura ~
Thursday - Sunday July 24-27th

Wellness is a state of being that transcends the ups and downs of life, a place of harmonizing with your true nature, a deliberately cultivated state of mind. In essence, it is the practice of living consciously.

Join Dr. Shanti Rubenstone & Nayaswami Vidura for this unique coming together of talks, movement, and experiences in nature to understand the meaning of wellness and how to be truly well ... spirit and nature dancing together.

Over these three days we will explore these topics both in the classroom and out in nature.

- ◆ We ARE Energy!
- ◆ Transformation and healing: turning illness and major life events from stumbling blocks to stepping stones
- ◆ The chakras and the role they play
- ◆ Using affirmations to expand your consciousness and heal



Dr. Shanti Rubenstone, MD, a graduate of the Stanford Medical School, has been practicing Internal Medicine and leading workshops in Wellness and Transformational Medicine for over 30 years. She is also a minister/lightbearer and teacher at the Ananda Church of Self Realization in Palo Alto, CA.

Nayaswami Vidura is one of the founding members of the Ananda worldwide communities. Over the past 40 years he has served as minister, lightbearer, planner, teacher, builder, administrator, quintessential organizer, and sharing nature enthusiast. He is bright, compassionate, and great fun.



The Seclusion Retreat, (located in the forest five miles beyond Ananda's Expanding Light Retreat) is as unique as ever. With newly refreshed cabins and other ongoing uplifting changes, the environment continues to be powerfully charged with spiritual magnetism. The Retreat, with its breathtakingly still meditation temple and quiet cabins, is exquisite any time of the year.

\$130 (program fee and meals, does not include accommodations)
Please call (530) 478 -7557 or go to www.meditationretreat.org to reserve accommodations just right for you.