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## Unexpected Beauty

In life, unexpected and unwelcome change and transitions are unavoidable. While the mind may initially resist change, the soul longs for transformation. The heart of Yoga – of all spirituality – is learning to work with change. Life can be a heaven on earth when we know the secret of working with the unexpected.

We are like the caterpillar whose transformation into a butterfly is not so easy. To transform itself, it needs to let go of the old and familiar. Gradually, it does. And when it does, something wonderful manifests – its true nature as a butterfly.

You will learn how to:

- Unlock the unexpected beauty that lies hidden within the twists and turns that life brings
- Use every event in life as an opportunity for growth
- Recognize and transcend inner blockages to happiness

Your guide to exploring *the beauty and hidden value of change and transition* will be **Reverend Jaganath Carrera**, along with other inspiring masterful teachers. Refresh and renew with meditation and Hatha classes, tasty, nutritional vegetarian food and the support of fellow seekers.

**Reverend Jaganath Carrera** is the founder and spiritual head of the Yoga Life Society, and author of *Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras*. A direct disciple of Sri Swami Satchidananda, he established the Integral Yoga Ministry and has taught all facets of Yoga for over 35 years at universities, prisons, Yoga centers and interfaith programs.

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## To Register

Please fill out the enclosed form and mail it to:

Yoga Life Society  
c/o Madhuri Kathy DeJesus  
30 Hillside Avenue  
Riverdale, NJ 07457

Please make checks payable to:  
Yoga Life Society

Registration Deadline: 1 September, 2011

You can register and make your payment on our website, [www.yogalifesociety.com](http://www.yogalifesociety.com) as well as download additional brochures and applications.

**Retreat Cost:**

**\$375**

**Early Bird Discount Available:**

**\*Save \$50\***

**Register before 1 August: \$325**

There are no refunds after September 1<sup>st</sup>. Any refunds given before that date will have a \$35.00 administration fee deducted.



*Mount Eden Retreat Center*

Any questions? Need more information?  
Please contact Shanti at  
[shanti@yogalifesociety.com](mailto:shanti@yogalifesociety.com)



YOGA  
LIFE  
SOCIETY

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## Unexpected Beauty: The Hidden Value of Change and Transition



with

**Reverend  
Jaganath Carrera**  
and guest teachers  
**Margabandhu Martarano  
Radha and Omkar D'Orio**

**23 September – 25 September, 2011**

**Mount Eden Retreat Center  
56 Millpond Road  
Washington, NJ 07882**

**Register at:  
[www.yogalifesociety.com](http://www.yogalifesociety.com)**

## Accommodations

Mount Eden Retreat is a 189 acre hilltop paradise in scenic Warren County, New Jersey.

The peaceful natural environment is totally private, with varied terrain which includes secluded fields, woods and meadows. There are huge rock outcroppings, boulders and ridges, a spring-fed pond.

The retreat cost covers meals, dorm style accommodations, Meditation, Hatha Yoga classes, all workshops and satsangs along with any instructional material handed out.

Separate classes will be held, as needed, to accommodate different levels of experience in both Hatha Yoga and Meditation.

## Meals

All meals are gourmet, organic, and lacto-vegetarian. Dairy free and gluten free options will be available at all meals. Those with other special dietary needs, please note on registration application.



Students with Sri Guruji at the 2010 YLS Retreat

## Schedule

### Friday, 23 September

4:00 - 6:00 pm Registration  
6:00 - 7:00 Dinner  
7:15 - 9:30 Orientation and Satsang  
(talk) by Sri Guruji  
10:00 Lights out

*Mouna (silence), a powerful tool to still and clear the mind, will be observed from the end of the evening programs until after lunch Saturday and Sunday.*

### Saturday, 24 September

5:30 am Wake up  
6:15 - 7:00 Meditation  
7:15 - 8:45 Hatha Yoga  
8:45 - 9:30 Breakfast  
9:45 - 11:30 *Cleansing: Detoxifying the Body thru Diet, Herbs and Asana*  
11:45 - 12:15 Meditation  
12:30 - 1:15 Lunch  
1:30 - 3:45 Free time  
4:00 - 5:45 *Adapt, Adjust, Accommodate: The Life and Teachings of Swami Sivananda Maharaj*  
6:00 - 7:00 Dinner  
7:30 - 9:30 Satsang by Sri Guruji  
10:00 Lights out

### Sunday, 25 September

5:30 am Wake up  
6:15 - 7:00 Meditation  
7:15 - 8:45 Hatha Yoga  
8:45 - 9:30 Breakfast  
9:45 - 11:30 Satsang by Sri Guruji  
12:00 - 12:30 Meditation  
12:30 Lunch  
3:00 Check out

## *Cleansing: Detoxifying the body thru Diet, Herbs and Asana*

with Margabandhu Martarano



Even with living a healthy yoga life our bodies can occasional feel out of balance, slow and sluggish. During Margabandhu's 40 years of clinical experience and being a master teacher of Hatha Yoga, he has gained many insights into creating a healthy and harmonious body thru holistic practices. Learn practices of maintaining a healthy diet, gain knowledge of the healing properties of herbs, and the therapeutic benefits of asanas which can bring us back into balance.

## *Adapt, Adjust, Accommodate: The Life and Teachings of Swami Sivananda Maharaj*

with Radha and Omkar



Sri Swami Sivananda has been nicknamed the Guru making Guru. A masterful teacher who's disciples include Sri Swami Satchidananda (who is the Guru of Rev. Jaganath), and other renowned masters of our time. He often reminded his students the secret of living a happy and balanced life was to "Adapt, Adjust & Accommodate." Gain insight and knowledge about the life and teachings of Master Sivanandaji from long time devotees Radha and Omkar. We are pleased to have these 2 inspiring Yoga teachers share their experiences and stories of this great master.