The Yoga Life Society Presents:
A Rare Opportunity!

Deepen your experience of Yoga under the guidance of a master.

Learn to recognize how we hold on to burdens of self-judgment and unrealistic expectations that obscure our True Nature - Unshakable Peace and Joy. Discover how the practices of Yoga help you drop your burdens to move beyond old, ingrained physical and mental patterns to experience a life of clarity, joy, and peace.

Sri Guruji Reverend Jaganath will give three talks and lead meditation sessions. Yogis have long valued group meditations as an ideal way to develop better focus and clarity, but meditating with a master can open your practice to a new dimension.

As the weekend unfolds, you will be uplifted in body, mind, and spirit as Sri Guruji, special guest teachers, and senior members of the Yoga Life Society guide you to a richer, more meaningful experience of Yoga.

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.

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

Take a refreshing break from everyday cares.

Mount Paul Retreat Center
Located on 1100 tranquil, wooded acres in Oak Ridge, New Jersey, the retreat site boasts a lovely, mountain lake which is available to retreatants for boating or swimming. You may also enjoy a stroll on one of the hiking trails on the property.

The facility itself is ideally suited for retreats with a number of rooms for classes, a large, comfortable dining hall, and a chapel that you are free to use for quiet study and contemplation.

Accommodations
There are both single and double occupancy bedrooms on two floors. Each room has a sink and desk. There are dormitory style toilet and shower facilities on each floor. Men and women will be housed separately. The program is for participants 18 years and over.

Meals
All meals consist of delicious, lovingly prepared vegetarian food designed to support the goals of the program and delight your senses. Meals are served buffet style, with lunch as the main meal. Vegan options will be available at every meal. If you have specific medical needs in regards to diet, please notify the retreat staff prior to the start of the program.

For more information, photos, and directions visit: www.yogalifesociety.com

Guided By

Reverend Jaganath Carrera
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 long-time disciple of Sri Swami Satchidananda, he established the Integral Yoga Ministry and has taught all facets of Yoga at universities, prisons, Yoga centers, and interfaith programs.

Margabandhu Martarano
the director of the Integral Yoga Institute of Fairlawn and of the Well Being Center in Montclair. A long-time disciple of Sri Swami Satchidananda, he is not only an extraordinary teacher of Yoga, but a master herbalist and bodyworker. A tireless servant, Margabandhu has helped countless individuals find better health and well-being.

Anandashakti Jennifer Kohl
the founder and director of Lotus Yoga and the Lotus Yoga Community Outreach program, which focuses on offering Yoga to at-risk youth, women in recovery, individuals with physical and cognitive disabilities, cancer patients, public school teachers, children in the public school system, and most recently, children at an orphanage in Ecuador.
**To Register**

Please fill out the enclosed form and mail it to:

Yoga Life Society  
384 North Fullerton Ave  
Montclair, New Jersey 07043

Checks should be made payable to: Yoga Life Society.

You can also download additional brochures and applications at our website:

www.yoglifecounty.com

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**Schedule**

**Friday, 20 June**

4:00 - 6:00 PM Registration  
6:00 - 7:00  Dinner  
7:15 - 9:30  Orientation and talk by Sri Guruji  
10:00  Lights Out

**Saturday, 21 June**

5:30 AM  Wake up  
6:15 - 7:00  Meditation  
7:15 - 8:45  Hatha Yoga  
8:45 - 9:30  Breakfast  
9:45 - 11:00  Energetics of Asanas with Margabandhu  
11:00 - 12:00  Karma Yoga*  
12:15 - 12:45  Meditation (with kirtan led by Priya)  
1:00 - 1:45  Lunch  
1:45 - 3:45  Free Time  
4:00 - 5:45  Asana Workshop with Anandashakti  
6:00 - 7:00  Dinner  
7:30 - 9:30  Kirtan & Talk by Sri Guruji  
10:00  Lights Out

**Sunday, 22 June**

5:30 AM  Wake up  
6:15 - 7:00  Meditation  
7:15 - 8:45  Hatha Yoga  
8:45 - 9:30  Breakfast  
9:45 - 11:00  Talk by Sri Guruji  
11:00 - 12:00  Karma Yoga  
12:15 - 12:45  Meditation  
1:00 - 2:00  Lunch  
2:00 - 3:00  Check Out

*Karma Yoga, selfless service, is a foundation practice of Yoga. During these sessions, you will have the opportunity to apply yogic principles to simple tasks such as kitchen preparation, light housekeeping, or gardening.

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**Cost**

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<td>Double Occupancy</td>
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Earlybird discount. Register by 1 May and the cost is:  
Double Occupancy  $275  
Single Occupancy  310

The cost covers accomodations, all meals, classes, and any instructional materials that may be handed out.

The retreat begins Friday 20 June, and ends after lunch on Sunday 22 June. There are no refunds after 5 June. Any refunds given before that date will have a $35 administrative fee deducted.

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**Drop Your Burdens and Be Free**

A Yoga Retreat  
with  
Rev. Jaganath Carrera

Guest Teachers:  
Margabandhu Marutarano  
Anandashakti Jennifer Kohl  
June 20 - 22, 2008