

Ananda Kutir Ashrama



Sivananda Integral Yoga Retreat

With Swami Vidyananda

Be Happy

“Be content. Reduce your wants. If you have four shirts, reduce the number to three or two. Lead a happy, contented life. Avoid unnecessary worry. Be mentally detached. Have plain living and high thinking. Think of those who do not possess even one-tenth of what you have. Share with others.”

Swami Sivananda



Date:

19th - 22nd March 2010

at

**Blue Butterfly Retreat Centre
Tulbagh**

What is happiness? What is contentment?
Where to find it? How to remain happy in
all conditions?



To join contact

Swami Vidyananda

Ananda Kutir Ashrama

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Location Details:

Directions and a map as well as the retreat roster will be given on booking.

Cost: R1265 (non-refundable)

Payable on booking by 15th February 2010

Places are limited, so early booking is strongly recommended.