

*Ideal for beginners
& yoga practitioners*



AMRITA YOGA RETREAT May 13 & 14, 2017 at MA CENTER CHICAGO

Join us for this weekend retreat and experience Amrita Yoga as a sadhana with unique tools, basic asanas, and the use of breath and synchronizing mantras. You will learn a sequence you can easily incorporate in your own practice. A handout of the routine will be given at the end of the retreat.

**Cost for course + meals: \$100. With dorm style lodging Saturday night: \$135.
For a private room or Friday night accommodations, call Daiva at 630-715-5460**

Participation is limited. Register today at amma.org/chicago