



DISCOVER YOUR INNER TALENTS

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda

Yoga Retreat at Lake Lanier Islands with “Vishwaguruji”

Friday, May 29

6:30 pm - 8:30 pm

Saturday, May 30

10:00 am-4 pm & 5:30-7:30 pm

Sunday, May 31

9:00 am - 4:00 pm

Within every human, there is hidden a wonderful potential and source of energy which, once awakened, can be used for our own wellbeing and for the benefit of the whole world. In this retreat, you will learn how to discover and awaken these dormant energies and achieve a joyful, purposeful existence, peace, harmony, and happiness.

Take advantage of this unique opportunity to learn from one of the greatest spiritual leaders and humanitarian workers, Vishwaguru Paramhans Swami Maheshwarananda, the Founder of the Yoga in Daily Life system. Each day of the workshop will be a unique and authentic program. Immerse yourself in the wisdom and comprehensive practice of yoga to return back to your daily life renewed, full of energy and inspiration.

All programs by May 22: \$150 after May 22: \$175

Individually: Fri \$15, Sat/Sun each \$85

Sat/Sun includes vegetarian lunch and afternoon snacks

Venue: Friday Evening program is at Yoga in Daily Life, 4131 Hamilton Mill Rd, Buford, GA
Saturday & Sunday programs are at Lake Lanier Islands, 7000 Lanier Islands Parkway, Buford, GA

Register online at:

www.yogaindailylifeus.org/atlanta

atlanta@yogaindailylifeus.org • (678) 482-9604

Yoga in Daily Life is a nonprofit organization with consultative status at the United Nations. Its activities aim to serve humanitarian goals, fostering health, world peace, protection of the environment and all creatures, and tolerance, respect and freedom among religions, cultures and nations.

