

In Joy We Live

Spiritual Renewal Weekend

Fri, May 30 **Sat, May 31** **Sun, June 1**
Kirtan Workshops Sunday Service

Presenter: Pranaba Hansen, visiting Ananda Minister

Location: Grailville Oratory



Schedule of Events

Friday, May 30

7:00PM - 9:00PM - Kirtan (group devotional chanting)

No registration necessary, offered on a donation basis. Come as you are, bring a friend!

Saturday, May 31

9:30AM - 12:30 PM - Workshop

Meditating for Life: How to Get Started & How to Go Deeper

Meditation gives meaning to everything one does; it offers an experience, which brings greater joy and fulfillment than any other human activity. You'll find the refreshing peace and relaxation of inner calmness. Meditation also develops concentration, so essential for success in every activity. If you've tried meditation but have not found it profoundly satisfying and, indeed, life changing, there is more to discover with this evening!

- Learn simple, effective ways to calm and clear your mind, and recharge yourself with fresh energy and ideas.
- Reduce tension and stress, feel happier, more relaxed and at peace with yourself.
- Improve your health, increase mental clarity and physical vitality
- Develop a more intuitive, centered way of life.
- Experience chanting and music to help focus

Meditation, rather than acting as an escape from reality, enables you to fully enter into reality and really enjoy life!

12:30PM - 2:00 PM - Lunch Break

Lunch is available in either a vegetarian or conventional choice. \$7.00 per person. You may also bring your own. Must have registration in by Monday, May 26th if choosing the lunch option.

2:00PM - 4:00 PM - Workshop

Revelations of Christ: Yogic Teachings in the Bible

Jesus Christ brought mystical teachings that have been lost over the years. Paramhansa Yogananda (and his direct disciple, Swami Kriyananda) reintroduce those sacred teachings (available in the recent book, "Revelations of Christ"). Join

Pranaba Hansen in this wonderful adventure of discovery of the very heart of Christianity. This workshop will explore such topics as:

- Jesus, son of man vs. Jesus, Son of God
- The Christ Consciousness
- Salvation from what?
- Seek ye first the Kingdom of God
- The Missing Years
- In the Beginning was the Word

Sunday, June 1

9:30 AM - 11:00AM - Sunday Service with Purification Ceremony

No registration necessary, offered on a donation basis. Come as you are, bring a friend!

About the Presenter

Pranaba Hansen

Pranaba is one of Ananda's most widely traveled and experienced ministers, having meditated for 35 years and offered classes and seminars in meditation and yoga therapy for over 29 years. He has helped to create and direct Ananda centers in Palo Alto, Portland, Seattle, Dallas, and Assisi, Italy. He has been a disciple of Yogananda for over 30 years. Pranaba has been Director of the Ananda Yoga Teacher Training program and Manager of Ananda's Expanding Light Retreat as well as Ananda's Retreat in Assisi, Italy. He now is the Director of Living Discipleship, Ananda's membership training program and also works with Ananda's outreach ministry. An excellent teacher, he is known for his unfailing kindness and gentle approach.

About the Venue

Grailville

Located in Loveland, OH, Grailville is an environmental, education, and retreat center committed to spiritual search, ecological sustainability, social justice, and women's empowerment and creativity. It is located on 300 acres of rolling hills, about 35 minutes from downtown Cincinnati.

Directions

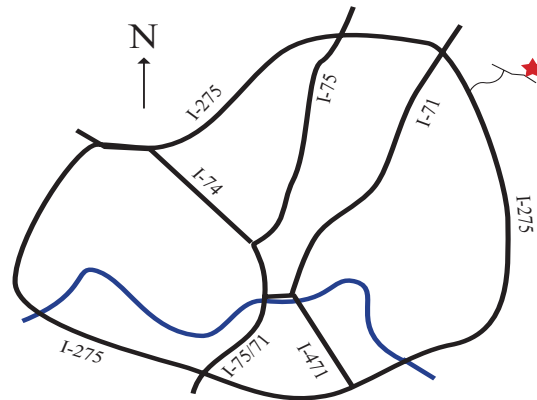
I-275 to the east (I-75S: exit 16; I-71S: exit 17; I-71/75N: exit 185).

Go to exit 52, Loveland-Indian Hill. Turn left onto Loveland Madeira Rd.

Go 3 miles to light at Loveland Ave. Turn right.

Go 1.2 miles (through downtown Loveland and up the hill.)

Once on top of the hill, turn left at sign for Oratory/Leaves of Learning.



Workshop Registration Form

Name _____ Phone _____ Email _____

Street _____ City _____ State _____

(Confirmations with map and detailed directions will be sent. If providing email address, please look for mail from quintoc72@yahoo.com for any workshop-related communications)

Workshops: Meditation for Life (\$20 until May 9th, \$25 after) _____

Revelations of Christ (\$20 until May 9th, \$25 after) _____

Lunch (\$7) ___ vegetarian ___ conventional _____

TOTAL _____

Please make checks payable/mail to:
 Ananda Cincinnati
 3982-K Maplecove Lane
 Cincinnati, OH 45255
 c/o Judy Durham

Out of Town Guests: Up to 8 spaces may become available at Grailville to stay overnight. If you are interested should these become available, please contact Kevin Allen @ 513-661-6480 or quintoc72@yahoo.com