

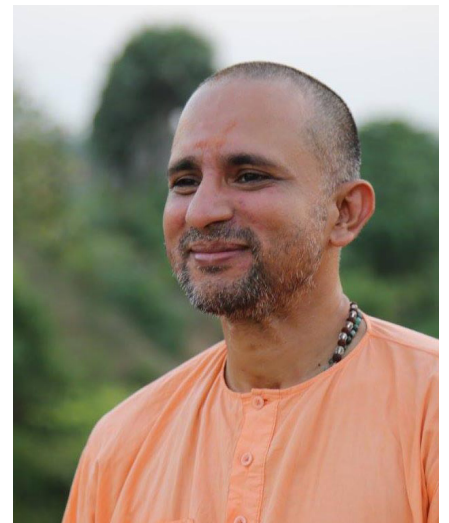
# THE ETERNAL BLISS



## Retreat into relaxation & meditation with Swami Yati

9-3:30 Sat. • Sept. 22 • War Memorial Building, Shepherdstown  
Space limited, register early, \$35/person; \$40 after Sept. 1  
(Please contact Judy Jenner, 304-876-6918 or jjfido@aol.com, to register)

Sow the seeds of change in your life by beginning or deepening your understanding of yoga nidra (relaxation) and meditation in this rare opportunity to practice with Swami Yati (Yatidharmananda). Yati, a monk ordained at the Sivananda Ashram in Rishikesh, India, has taught workshops around the world. He believes in teaching by doing, rather than by “too much lecturing.”



Included will be related practices in pranayama (breathing), pratyahara (sense withdrawal), and kirtan (chanting). The day will begin with an optional 45-minute Hatha yoga class. Tea breaks and lunch are included.

*Swami Yati was ordained a monk by his Guru, Swami Chidananda (successor to Swami Shivananda) in 2000. He served the ashram in many ways with his mastery of computer science, modernizing records, books, and archival tapes of Chidananda and Shivananda. In 2012, he founded Swami Chidananda Sevashram, dedicated to the teachings of his Guru — encouraging people of all ages and backgrounds to live according to the principles and practices of Ayurveda, yoga, and Vedanta.*

*In 2015, Yati spoke at the Parliament of World Religions in Salt Lake City. The following year, he participated in the Second International Day of Yoga at the United Nations headquarters in NY.*

*This will be swamiji's third visit to Shepherdstown. In 2016 and 2017, he led yoga nidra and meditation classes at Jala Yoga.*