

# ***2nd Yoga Health Day Retreat!***

***Date Change! Saturday, October 21, 2017***  
***\$108.00***

## **Agenda**

7:00am Meditation  
***Location: Lotus Hall***

7:30am Hatha Yoga Class  
***Location: Lotus Hall***

8:30am Breakfast  
***Location: Store***

9:30am  
Healing Modalities  
***Location: Samadhi Room***

Hand Reflexology with Premajyothi  
Foot Reflexology with Karuna  
Back Massage with Jagadish

10-20 minute sessions round robin

11am  
Talk by Dr. Amrita McLanahan  
*How Yoga Heals !*  
***Location: Samadhi Room***

12:30pm Lunch

1:45pm  
Talk by Dr. Amrita McLanahan  
Swami Satchidananda stories that  
affected her and her work.  
***Location: Samadhi Room***

3:15pm  
Deep Relaxation & Meditation  
***Location: Lotus Hall***

4:00pm  
**Closing**



Amrita (Sandra) McLanahan, M.D., is a nationally recognized authority on preventive medicine, nutrition, stress reduction and primary family health care. As Director of Stress Management Training at the Preventive Medicine Research Institute for twenty years, she worked with Dr. Dean Ornish to document the benefits of dietary change and stress management to prevent and treat cardiovascular disease and cancer. Dr. McLanahan is the author of the book *Surgery and its Alternatives: How to Make the Right Choices for Your Health* and is the medical consultant for many books including the book, *Dr. Yoga*.

**PRIVATE CONSULTATIONS ARE  
AVAILABLE  
Call 201-796-7585  
to make an appointment.**