## **2nd Yoga Health Day Retreat!**Date Change! Saturday, October <u>21</u>, 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
<u>Healing Modalities</u> **Location: Samadhi Room** 

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

10-20 minute sessions round robin

11am

<u>Talk by Dr. Amrita McLanahan</u> *How Yoga Heals!* **Location: Samadhi Room** 

12:30pm Lunch

1:45pm

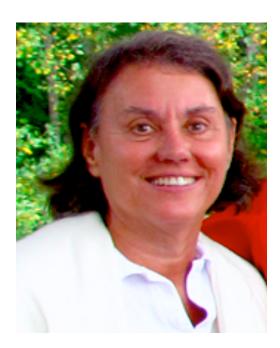
<u>Talk by Dr. Amrita McLanahan</u>

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.