



# Fall Fabulous Retreat 2021

**November 5-7, 2021 (3 days/2 nights)**

**Includes:**

- \*Roundtrip ground transportation to and from Ananda Ashram
- \*Lodging with shared bathrooms
- \*Three (3) meals per day (vegetarian buffet style)
- \*Yoga and meditation daily by Ananda's teachers
- \*Walking/lake and hike meditation
- \*Mimi's Goodie Bag
- \*Taxes and Gratuities (group's donation to Ashram is kindly suggested)

**Experience a simple, restful weekend in nature.**

- \*Take a couple of days for some much needed and well-deserved Me-Time in the majestic mountains during fall's fabulous foliage.
- \*Breathe in crisp, cool, clean country air into your lungs.
- \*Practice yoga for your physical, emotional, and mental wellness.
- \*Expand your meditation knowledge, or as a beginner (no experience necessary) put yourself on the path to the benefits of this time-tested practice.
- \*Eat and nourish your body with delicious, healthy vegetarian food... **and MORE!**

Pricing for this fabulous fall retreat is guaranteed once deposit is received, and includes all of the above and more.

Our **Me-Time Journeys** are fun, informative and yogic inspired.

**Only 10 spots available! First come, first served.**  
Call for more information. Llame para mas información.

**Me-Time Journeys**  
**718-505-YOGA (9642)**  
**MimiForMeYoga.com**

**Dorm \$335**  
**Double \$375**  
per person based on occupancy

**Dorm Style Bedding**  
*Bunk beds in a room of 6.*  
*Think sleepaway camp for yogis!*

**Double (2 beds) Occupancy**

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**50% non-refundable deposit to hold your spot. Payment in full by October 21st**

The initial deposit can be made by  
**Venmo or Zelle**  
**718.505.9642**

Thereafter, any form of payment can be made as you wish.