

Donations make this event possible. All profits from these events help support Ananda Dhiira Creek Restoration. The California College of Ayurveda and *Ananda Dhiira* in conjunction with Hospitality House, Women of Worth, Sierra Friends of Tibet, Shuniasa, Sivananda Ashram invite you to:

COMMUNITY EARTH DAY FESTIVAL

~A DAY OF WELL-BEING~

ALL DAY SATURDAY, APRIL 18----8:00 AM until 9:30 PM!

Next Door to Bridgeport State Park



ANANDA DHIIRA

**19393 SANCTUARY RD.,
PENN VALLEY, CA 95946**

2007 Nevada County "Conservationist of the Year"

Come celebrate Earth Day and nourish your body, mind, and soul while you enjoy and explore Alternative Health Care and Spirituality on 20 restorative acres! Ananda Dhiira is a spiritual and social non-profit center dedicated to self-realization & service to humanity.

	ECOLOGY	YOGA	AYURVEDA
8:00 AM	Kiirtan (Chanting), Meditation and Inspirational Discourse By Didi Ananda Lalita, Director of Ananda Dhiira Free to All		
10:00 AM	WELCOME By Dr. Marc Halpern, D.C., C.A.S., Director and Founder The California College of Ayurveda Free to All		
10:30 AM	Nature History Walk Led by Karen Wiese Free to All	Prana Yoga, An Integrated Yoga of Balance Taught by Jayanti Donation: \$10	"Self Healing and Ayurveda" Dr. Marc Halpern, D.C., C.A.S. Donation: \$10
12:00 PM	Ayurvedic Luncheon Buffet prepared by Mary Thompson C.A.S. Cost: \$15 Pre-Registration Required (530) 274-9100 ext. 224		
1:00 PM	PROUT Talk: Socio-Economic Change By Mark Friedman Free to All	"Ananda Marga Women's Project Around The World" Presented by Didi Ananda Lalita Free to All	"Introduction to Ayurvedic Nutrition for Optimal Health" Dr. Marc Halpern, D.C., C.A.S. Donation: \$10
2:30 PM	Creek Restoration Walk Led by Paul Lake Free to All	Meditation Workshop "Song of the Inner World" With Dada Nabhaniilananda By Donation	"Ayurveda and Women's Healthcare" Brenda Igler, C.A.S. Donation: \$10
4:30 PM	Nature History Walk Led by Karen Wiese Free to All	Yoga Class II – Prana Yoga Taught by Jayanti Donation: \$10	"Herbs for the Common Cold and Flu" Brenda Igler, C.A.S. Donation: \$10
6:00 PM	Ayurvedic Dinner Buffet prepared by Mary Thompson C.A.S. Cost: \$15 Pre-Registration Required (530) 274-9100 ext. 224		
7:30 PM	Kiirtan (Chanting), Meditation, Satsaung, Songs of Heart with Dada Nabhaniilananda, Jayanti and Allette Brooks By Donation		

Reserve Your Place/Details: Toll Free-866-541-6699 x224

WEBSITE: www.ayurvedacollege.com

Sierra Friends of Tibet

