



Opening the Heart

Ladies Retreat

with Swamini Amritananda

Come and enjoy the peaceful ambience of Chinmaya Nikunj, as we explore the loving heart together and look at some simple techniques to expand our love.

Discover How to Love without limitations? Discover the potential within to Love all. Discover how to deal with and remove negative tendencies within and enhance our positive qualities.

The Retreat will include Guided Meditation, Yoga, Relaxation Techniques, Discussion Groups and Workshops.

Saturday, 14th November 2009

8am - 4:30pm

Chinmaya Nikunj, 63 McKenzie Road, Mangere Bridge, Auckland

\$50.00 per person

Phone Bramhachari Adarshji 275 6954

LIMITED SEATS - 35. SO PLEASE HURRY!!!

*Please wear comfortable clothing and bring 2 blankets.

