

DISCOVER & RECOVER PRESENTS A MAGICAL WEEKEND RETREAT

Spiritual Journey Into Yoga, Meditation, Purification & Philosophy



Edwin Bryant, PhD



Dharma Mittra

DESIRE TO INSPIRE YOU TO THE NEXT LEVEL

August 24, 25 & 26 (Fri - Sun)
St. Ignatius Retreat House, Manhasset, Long Island

\$350 all inclusive weekend: sitting formal meditation; yoga instruction; discourses on philosophy; psychic development; accommodations; vegetarian meals; use of magnificent grounds, pool and exercise room. \$175 Saturday only.

Space is limited. Please register early to reserve a spot. Yoga and philosophy credits can be applied toward Yoga Alliance for teachers requiring continuing education.

St. Ignatius Retreat House, 251 Seasingtown Road, Manhasset, NY 11030, www.inisfada.net

For further info contact info@discover-recover.com, 631-367-1591, www.discover-recover.com

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To register, please send check payable to Discover & Recover Yoga, PO Box 51, Cold Spring Harbor, NY 11724

\$350 full weekend, \$175 non-refundable deposit required. \$175 Saturday only. No. attending: _____

Name _____

Address _____

Tel# _____ Email _____