

# Abhyasa Ashram

## **24 Hour Retreat**

**Saturday October 30th, 2010**

**8:00am Saturday - 8:00am Sunday**

**Ramada Beach Resort  
on Okaloosa Island**

*Join us for a special 24 hour retreat lead by  
Swami Inaneshwara Bharati intended to deepen our practices  
of meditation, contemplation, and mantra.*

*We will have a day filled with systematic hatha and meditation  
practices, medative walks, manta mela, breath awareness, and satsang.*

**Ramada Beach Resort  
1500 Miracle Strip Pkwy, SE  
Fort Walton Beach, FL 32548  
850.243.9161**

**\*\*\*Due to limited space in the conference room,  
this event is limited to 25 people.**

**Reservations will be on a first come-first serve basis.**

**There is no charge for the retreat.**

**Donations to cover relevant expenses appreciated.**

**Room rates: \$139.00 to \$159.00**

*Please send questions and RSVP to [sheena@abhyasaashram.org](mailto:sheena@abhyasaashram.org)  
or call 850-835-3361*

**\*Staying at the Ramada is not required to attend the conference. For those coming in from out of town, please feel free to come on Friday and enjoy our beautiful beaches. There will be an informal satsang on Friday night at the new Abhyasa Ashram building.**