

PRESENT MOMENT ~ BLISSFUL MOMENT

Silent Meditation Weekend Retreat



with teachers
Ajay and Suruchi
from Dharamsala
India



Friday, May 16 to Sunday, May 18
at the Clair Tappaan Lodge.

Do You *Want* to be Happy?

Most of us will answer an emphatic *yes* to this question. Ajay and Suruchi will take us on a journey inward to reveal thought patterns and belief systems that keep us from realizing the joy that already exists within each and every one of us, waiting to be set free. The logical simplicity of their teachings is directed at our conscious minds, and their loving sweetness will touch our hearts in a way that may have a profound impact on how we live the rest of our lives!

These last two days have been amazing—more than what I had hoped for. Z Meditation is very clear. The tools and methods always come to the highest goal. I feel encouraged in stepping back on to my path. I want to love myself and love others as they are.

Xaviere, Truckee

(Quotes from a previous retreat)



You have given me guidance and tools for starting anew in this lifetime. I never dreamed that I would be so fortunate to have this special time with you two and the rest of the people here. What a gift! You have my deepest gratitude for what I hope to be a life-altering two days for me.

Memory, Truckee

This event is presented by

For Goodness Sake

530-550-8981

Cost for the whole weekend including lodging and meals: **\$225.00**
(Scholarships available, call **530-550-8981** for details)

Location:

Clair Tappaan Lodge
19940 Donner Pass Road
Norden, CA 95724

