

Welcome to Ananda

-Guest Information-

Dear guest,

We hope your visit here will be relaxing, rejuvenating and rewarding, and that when you leave you will take with you an abundance of inspiration to apply in your daily life. This booklet is meant to help you orient to the flow of the daily schedule, and to give you some information about Ananda.

A visit to our spiritual retreat is a wonderful opportunity for you to immerse yourself – body, mind and soul – in a spiritual atmosphere and routine. Each activity has its place and importance. However, if at any point you wish to stay by yourself, and not participate, feel free to do so: all activities are optional.

To obtain the maximum benefit from your stay with us, may we suggest that you leave behind your work and the worries and distractions of your everyday life. While you are here, try to live completely in the present and in the simplicity and joy of Ananda.

All the programs are based on the teaching of Paramhansa Yogananda, who was the first master to bring the art and science of Kriya Yoga to the West. The basic goal of these teaching is Self-realization, the rediscovery of the true nature of your soul as “Sat-Chid-Ananda”: ever-existing, ever-conscious, ever-new bliss.

Classes also draw on the writings of Yogananda’s direct disciple, Swami Kriyananda, who is the founder of the Ananda movement. These practical teachings show how to apply the principles of Self-realization in everyday life.

Whatever we can do to make your stay with us more comfortable, more rewarding and more enjoyable please let us know. Talk with anyone on our staff and they will be happy to help you. Have a wonderful stay.

The Ananda Retreat Staff

A day at Ananda (example, subject to change):

Here is a general schedule to give you an idea of the flow of daily activities. At your orientation, you will be given a schedule of your course.

07:00 Sadhana (spiritual practices):

 Energization Exercises

 Yoga postures and meditation

08:45 Breakfast (in silence)

11:00 Class related to your program

13:30 Lunch

16:15 Ananda Yoga

17:45 Class on meditation and energization exercises

19:30 Dinner in silence

20:30 Evening program (when applicable)

THURSDAY * Purification Ceremony

The Thursday morning Sadhana includes the Purification Ceremony, a simple and powerful ceremony in which we ask God's help to overcome negative habits and behaviors that cause obstacles in our lives. You are invited to participate if you wish, or just observe.

SUNDAY * Festival of Light

Ananda's community members, guests and visitors, come together every Sunday to celebrate our relationship with God. Included in the service are readings from the Bhagavad Gita and the Bible, and a talk based on the readings. The service ends with the Festival of Light, which tells the story of the soul's evolution through music, song and poetry.

The retreat environment

Our guests often tell us how much they appreciate the atmosphere of deep peace, soothing quiet and spiritually uplifting energy at Ananda. Once you are here with us, you too become an important part of this spiritual environment.

THE TEMPLE AND SURROUNDING AREA

The Temple area is a quiet zone. We hope you will join us in maintaining an atmosphere of peace and silence.

- Please arrive punctually for yoga, meditation and all classes. Arrive early if possible.
- Approach the Temple quietly, as people could be meditating there any time.
- Turn off your cell phone. If you must use it, please leave the Temple area.
- For meditation and classes held in the lower Temple, it is best to use the exterior stairs and leave your shoes and coats in the entryway downstairs.
- Leave the Temple only during chanting breaks, never when meditation is in progress.
- If a meditation is in progress, wait for a chanting break before entering. There are other places you can go to meditate: Shanti Mandir, or outdoors if the weather permits.
- You will find meditation cushions, benches, blankets, chant books and yoga mats in the Temple. Please don't take them outdoors, into your room or elsewhere.

MEDITATION is the foundation of the spiritual life at Ananda and an essential part of our guest experience. During the meditation, try to keep your body and thoughts as still as possible. To help everyone to have a deep experience, we ask that you leave the meditations only during indicated intervals without putting away your cushions, etc, so as not to disturb others. Please do not lie down during a meditation.

Spiritual resources

PERSONAL SPIRITUAL COUNSELLING is available for those who would like to speak individually with one of the teachers. Please request an appointment in the office or ask them directly.

We have a wonderful ANANDA SHOP where you will find many items helpful to your spiritual search: books, spiritual music, guided meditations and yoga practices on CD and DVD, talks by Swami Kriyananda and other teachers, carpets, cushions and benches for meditation, yoga clothes, herbal and nutritional supplements and a wide range of gift items.

Helpful information

THE RECEPTION is open from 9:30 until 13:30 and then again from 14:30 to 17:30. If you require assistance in any way, please ask there, or speak to one of the teachers.

IN CASE OF EMERGENCY, you can call 392.803.4231. In case of need for outside help: police 113 or 112, medical 118, fire fighters 115.

Meals

THE FOOD is vegetarian, lovingly and expertly prepared, with a menu that is predominantly Mediterranean, and with recipes from around the world. Vegan and gluten free dishes are available, and some other special dietary requests can be accommodated. If you have special food needs, please speak with the Reception and fill out the appropriate form.

More information

THE DINING ROOM is always open, and hot water is available for making tea and orzo. Coffee and fruit are usually between meals. You can also enjoy your food outside or go into the gazebo, the glass house. The Ananda Café is located in the piazza behind the gazebo.

A free internet access point (WIFI) is available in the gazebo. The password is written on the entrance door of the gazebo.

In the second bungalow going towards the Temple (Jyoti Kutir) you can find a collection of spiritual books, music, discourses on CD and DVD and a TV to watch them.

After the first bungalow, under the canopy, you will find the Joy Space (Spazio della Gioia), dedicated to raising funds for our new Temple, which thanks to your donations has already reached the first floor!

Courtesies

Everyone who comes here enjoys and is touched by the peace and quiet. Your consideration will enhance this experience for yourself and for all of our guests.

SILENT TIMES: the time after meditation is very precious. To help maintain the experience of inner peace and joy, we have a period of silence during breakfast and dinner, except for Fridays and Sundays dinner (when new guests are arriving).

QUIET TIME: we kindly ask you to please respect "quiet-time" in the guesthouses after 22:00 since morning meditation begins early!

CELLPHONES: Whenever you are speaking on your cell phone, please find a place when you are not disturbing others. Remember to switch off your cell phone in and around the Temple, in the classes, in the dining room and in your room after 22:00.

Requests

WATER * in the summer please conserve your use of water, especially in the shower.

PARKING * after loading your luggage into your room, you can park in the obvious areas near your accommodation. If you drive to “Il Rifugio” for classes or meals etc. please park in the designed parking areas. It is not safe to park on the road.

ARRIVAL AND DEPARTURE * weekend programs begin at 17:30 on Friday evening, and conclude after lunch on Sunday. Five-day and seven-day programs begin at 17:30 on Sunday and ends respectively Friday or Sunday after lunch. Please take care of payment before your departure day. The best times to do this are after breakfast or lunch. On the day of check-out please leave your room by 9:45 am, this will help us prepare the rooms in time to accommodate other guests. You can leave your luggage in the car or drop it off at the bottom of the stairs in “Il Rifugio”.

SMOKING AND ALCOHOL * Ananda is a completely smoke-free zone. If you smoke, please do so off property, enjoying a walk along the road to take in the beautiful natural environment. Please do not use alcohol or non-prescription drugs while at Ananda.

CLOTHING * remember this is a spiritual retreat: please dress modestly during your stay.

Thank you!

We appreciate your consideration and support in helping us maintain the sacred atmosphere of Ananda. Have a blessed and inspiring retreat!

The many ways to be at Ananda

COURSES

More than 300 courses are available throughout the year, lasting from one weekend, to five days or seven days during the week. You can find descriptions of our programs on our website at www.ananda.it

COMMUNITY LIVING PROGRAMS

If you are interested in these types of programs and would like more information, please write to Gopala or Mahiya and we will get in touch with you!

Gopala: gopala@ananda.it or Whatsapp 328 9033995

Mahiya: mahiya@ananda.it or Whatsapp 353 4407754

TEACHER TRAINING INTENSIVES

Yogananda Academy offers three distinct and certified pathways for aspiring instructors/teachers who wish to train in the fields of meditation, Ananda yoga and self-healing. Each pathway offers rigorous and specialized study as well as personal support during the studies and even after your diploma. The curriculum includes residential and online/live courses, a mix that allows for excellent professional training and makes your investment more sustainable. We look forward to seeing you Great Soul!

www.yoganandaacademy.com

PROGRAMS FOR FAMILIES, CHILDREN, YOUTH AND EDUCATORS

Throughout the year Ananda offers programs for families, teens and young adults. Ask for more information at our reception desk.

In addition there are trainings for teachers and parent educators, held by the Educare alla Vita Association. For more information: www.educareallavita.org

THE ART ACADEMY FOR CREATIVITY & CONSCIOUSNESS

The purpose of the Academy is to use all of the arts as instruments for awakening higher consciousness in the individual and transmitting that consciousness into society. No talent or experience is required of any of our many courses. For more information email dana@awakeningarte.com or look up their website www.awakeningartsacademy.com

Kriya Yoga

Kriya Yoga is practiced by all Ananda members. If you are interested in learning more, you will find the free booklet "What is Kriya Yoga?" in the Reception office and many more Kriya resources in the Ananda Shop. You can also talk more deeply about this with any of the teachers.

Ananda Community

Our Ananda center consists of over a hundred members. In addition to our guest retreat activities, it also includes a school for children and applies the principles of "Educating for Life", our Ananda farm "Terre di Luce" (Fields of Light) with vegetable gardens and orchards, and a wide range of businesses that support Ananda.

Ananda worldwide

Ananda is a worldwide spiritual movement founded by Swami Kriyananda in 1968 in California, America. Today Ananda includes nine communities and hundreds of meditation groups around the world.

This movement is called Ananda Sangha and embraces about 10.000 people in many countries, on many continents. Everyone who cherishes the ideal of world brotherhood and a personal search for God is welcome to become a part of this fellowship.

If you would like to learn more about Ananda Sangha and how to join, please visit our website: <https://it.anandaeurope.org/> or ask a teacher.

Ananda Association

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