

Celebrate Life

Relax • Renew • Recharge

Feb. 26-28, Mar. 26-28, April 23-25, May 28-30, June 25-27



Enjoy a weekend of healing yoga, meditation, energizing exercises, satsang, nourishing meals and an evening devotional jam session. Participate in any or all activities.

Friday evening

5:30 pm • Light dinner, 7:00 pm • Restorative yoga

Saturday

7:30 am • Energizing exercises and morning meditation

9:00 am • Light breakfast

9:45 am • Golden Heart Yoga

Noon • Lunch, followed by free time

4:00 pm • Satsang

5:00 pm • Dinner

7:00 pm • Devotional jam session

Sunday

10:30 am • Meditation Service, followed by Brunch

Sunburst Sanctuary, founded by Norman Paulsen, direct disciple of Paramahansa Yogananda, is located at 7200 Highway 1, Lompoc, CA. Meals and activities by donation. Lodging available.



Pioneering a Vision of a New Earth

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