

# Spring Renewal Weekend

April 2-4, 2010



## ***Heal Yourself – Heal Our World***

Renew your body, mind and soul with guided meditation, breath practice, color visualization and gentle yoga. Energize your spirit with abundant natural beauty, nourishing, purifying meals and fresh organic juices.

Celebrate the season of new life and rebirth with an Easter sunrise gathering at our Hopi labyrinth, followed by group meditation, an inspirational talk and devotional song.

***Realize who you truly are, and the power you have  
to create heaven on earth again.***

*Please call for reservations and more information.*

*Sunburst Sanctuary was founded by Norman Paulsen, a direct disciple of Paramahansa Yogananda, and is located 40 miles north of Santa Barbara.*

