

Ananda Dhiira Master Unit in Penn Valley, California Welcomes You!



Ananda Dhiira is Welcoming Volunteers

WE NEED YOU! We are welcoming volunteers with the skill of agriculture, permaculture, hydroponics, gardening, building, general maintenance, cooking/shopping, help in the house, charity work, help with computers/internet, and carpentry.



Meditation at the bank of South Yuba River near Ananda Dhiira

Ananda Dhiira a non-profit Spiritual Ecological Center aiming to be of service to the surrounding community with Yoga and Meditation retreats, Detox and Wellness retreat as well as social service projects, located in Penn Valley, near the South Yuba River State Park and occupies 20 acres of land, mostly covered with oak forest. We have a small creek passing through our property and a developing garden. From our Ashram, in 10 minutes walk, we can reach the longest covered wooden bridge of the USA and a lovely recreation area to chill out in the hot summer days: all around you can find also many different trails with different kind of difficulty levels as well as duration, so giving such a big choice for every training and expectations. There is monthly bird watching organized by the nearby State Park and a huge variety of wildlife around such as wild turkeys, deers, bald eagle, robins, hares, skunks, California quails, coyotes, mountain lions, bears, etc. The nearest city (Grass Valley) is 12 miles away: the closest supermarket is 6,5 miles away as well as public transportation. We maintain a healthy lifestyle, including a healthy vegetarian diet. Only vegetarian food is served on our premises, and it is a requirement that the volunteers while they are in our compound, working with us, refrain from smoking and using any alcohol or drugs. Food and accommodation are provided, as well as meditation and yoga classes if interested. For more info on volunteering, please contact Didi Ananda Acira at +1 347 530 4424 / +1 530 432 3618 or email at: anandaacira@gmail.com





Volunteers in Ananda Dhiira

ANANDA DHIIRA is also welcoming people or family who are interested in spending a few days enjoying a calm and peaceful moment while learning about spirituality through yoga, meditation, and healthy yogic lifestyle. As everyday life in the city with a hectic schedule and stressful moment, it is essential to spend some time and give “Me Time” to yourself. Living in nature with daily spiritual practice, and sentient food, promotes healing, recharging and gaining back the spiritual energy. If you would like to stay a few days in the Ashram / Master Unit, an appointment with Didi is required for the availability of accommodation.



Yoga Class at Ananda Dhiira

Yoga and meditation class is going on in Ananda Dhiira every Monday and

Thursday from 4:00 - 5:30 pm. The class is offered in a small group so that every student will get outstanding care. The students will learn proper techniques of yoga postures (asanas), deep breathing exercise, deep relaxation, and meditation. The student will get a chance to personalize their asanas under the guidance of Didi, and the woman will also get an opportunity to learn personal meditation.

Detox and Wellness Programs in Ananda Dhiira

Yoga and Detox retreats happen almost every month. The detox program that we offer in Ananda Dhiira includes juice fasting, yoga, meditation, hydrotherapy (oil pulling, steam bath, infra-red sauna, mud pack, etc.) cardio/aerobic, relaxation, connect with nature, classes on general detoxification, mind empowerment, etc.



Detox Retreat- Enjoying a green juice together!

Upcoming Retreats at Ananda Dhiira:

JOYFUL Family Yoga Camp

May 25 - 26, 2019



Venue: ANANDA DHIIRA, 19393 Sanctuary Road, Penn Valley, CA 95946

More info contact Didi at 530 432 3618 / 347 530 4425

Or email to anandaacira@gmail.com



Yoga

Art

Nature

Meditation

Team building

Fun games

Hiking

Laugh



The Awakening of Woman Retreat

May 18 - 19, 2019

Guided by Didi Ananda Acira & Mariscela Alvarez

Venue: ANANDA DHIIRA
The Center for Spirituality and Wellbeing
19393 Sanctuary Road, Penn Valley, CA 95946

Registration and More info Contact: Didi at 530-432-3618 / 347-530-4425
or Email: anandaacira@gmail.com

*A weekend of sisterhood to merge with the Supreme SELF
through the practice of Yoga, Meditation and Shamanism*

Awakening of Women's Retreat.

A weekend of sisterhood to merge with the Supreme SELF through the practice of Yoga, Meditation and Shamanism.

This retreat is designed for women who are willing and ready to awaken their divinity while being supported by other women in a sacred space. Our time together is dedicated to open our hearts while experiencing ancient practices, done in the spirit of joy, love, bliss, and laughter as ONE!

Cost: \$195 (includes lodging, vegetarian meals and program) Deposit: \$95 (non-refundable, transferable) due on 04/30/18

Space is limited to 14 awesome women!

For more information and to register:

Didi Ananda Acira: 530-432-3612, anandaacira@gmail.com

Mariscela at 530-863-0003, ma@fyspirit.com

All photos and text contributed by Avadhutika Ananda Acira Acarya (RSL Los Angeles Region)