

Where Is Happiness?

Everybody wants to be happy, but how do you actually “do” happiness?

FREE RETREATS



A weekend about happiness,
based on the wisdom of Adi Da Samraj

- Meditation
- Yoga lessons
- Video presentations
- Group considerations
- Personal stories
- Contemplative walks
- Vegetarian meals

A two day retreat in the mountains of Northern California,

October 14–15

December 2–3

January 20–21

March 3–4

Adidam Retreats
Cobb Mountain
California



The retreat program and the stay for one night in a pleasant room are **FREE**. You pay only \$50 for your meals. For more information and to register, please contact ncal@whereishappiness.org or call 707-350-3050

facebook.com/happinessretreat
www.whereishappiness.org

