

**FEBRUARY 22, 9AM - 6PM  
SAN RAMON MARRIOTT, San Ramon**

**Learn to HEAL your body and  
mind with these resources:**

**Learn Vipassana Meditation: [dhamma.org](http://dhamma.org)**

**Siddhanath Earth Peace Through Self Peace: [Siddhanth.org](http://Siddhanth.org)**

**Retreats for Mind, Body, and Spirit: [ratnaling.org](http://ratnaling.org)**

**Ananda global spiritual meditation; teachings of Paramhansa: <https://www.ananda.org>**

**Learn the ways of the Adyog and Vishnu: <https://aadyog.com>**

**Relax, meditate, clean, and reconnect with yourself: [Heartfulness.org](http://Heartfulness.org)**

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