

Change Yourself the World Change Change the World Yourself Change rself Change the World



A Kripalu Retreat

Feb 21-24, 2002 • Kripalu Center, Lenox, Mass.
\$297 tuition + 3 nights room & meals

Arun Gandhi • Julia Butterfly Hill
Wayne Muller • Sudhir Jonathan Foust

In today's world, there can be no healing, leadership or progress without compassion. Join some of today's most inspired thinkers and leaders for an experiential weekend designed to transform your spiritual practice. And turn your life into an effective tool for realizing a conscious, compassionate world.

At Kripalu's first weekend retreat on compassion in action, you'll

- Develop a personal plan for achieving your own vision of service
- Explore the connection between service and spiritual practice
- Strengthen your spiritual practice through in-depth yoga and meditation
- Learn tools for self-care.

Dharma talks and discussions with

- Arun Gandhi, Lessons from My Grandfather
- Julia Butterfly Hill, Spiritual Activation
- Wayne Muller, Self-Care and Service
- Sudhir Jonathan Foust, Compassion from the Inside Out



Arun Gandhi



Julia Butterfly Hill



Wayne Muller



Sudhir Jonathan Foust

Register today and experience
the power of compassion in
your life and in the world.

For more info or to register, visit
www.kripalu.org or call 800-741-7353



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Center for Yoga & Health

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For scholarship info, call 800-741-7353.

Kripalu Center is a nonprofit organization dedicated to creating a more conscious and compassionate world.