



## Come Live At Guru Ram Das Ashram Millis, Massachusetts



Guru Ram Das Ashram, founded in 1969 and located in Millis Since 1981, is a large and active community based on Sikh principles. Ten minutes from Route 495, we are equidistant from Boston and Providence, RI, (45 minutes from each). Members and their families live on or near the spacious 18-acre property while many others visit as students and guests throughout the year.

People of all faiths and backgrounds come to Guru Ram Das Ashram for many different reasons: to study and practice the teachings of Kundalini Yoga as taught by Yogi Bhajan, to visit Guru Ram Das Gurdwara, to experience life in a spiritual community, to create a private retreat and get rest and relaxation in a country location. Everyone comes to experience personal transformation and spiritual growth

We offer Ashram living with modern amenities in private apartments. Community activities include daily group sadhana, kirtan (spiritual music), and Kundalini and Hatha yoga, T'ai Chi, and dance classes at our yoga center. There are also a variety of weekend workshops and courses throughout the year covering topics ranging from music to yogic lifestyle courses such as vegetarian cooking.

In a quiet country setting, the Ashram sponsors Kundalini Yoga Teacher Training, as well as weekly Sikh Gurdwara Services and Guru Ka Langar (community meals).

If you would like to visit Guru Ram Das Ashram to see whether the prospect of living in an active spiritual community is attractive to you, please contact

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