

NEW YEAR'S RETREAT

THE *Heart* OF *Yoga*

You are warmly invited to the
"The Heart of Yoga" New Year's
Retreat at Shanti Mandir, Walden.
Our subject will be Devotion, which
will include study of *Narada's
Bhakti Sutras* with Dana, Devayani,
and Vivek.

The schedule will include:

FRIDAY, DECEMBER 30, 6:30 PM

Kirtan and Baba's Darshan (Video)

SATURDAY, DECEMBER 31

9:00AM – MIDNIGHT

Workshop is from 9:00am – 1:00pm
followed by lunch, bhajans, music, japa
walk , hatha yoga

6:00 – Dinner

7:00 – Arati

7:30-midnight – New Year's eve Kirtan

DONATION: \$75.00

(Donation for Saturday only: \$35)

SUNDAY, JANUARY 1ST: 9:00AM – NOON

Satsang followed by music
performance and prasad

*Bhakti is of the
nature of peace
and supreme bliss.*

– NARADA'S BHAKTI SUTRAS, SUTRA 60

