

Meditation Retreat

THE PATH OF SELF-RECOGNITION

Saturday, March 1

9:00am to 4:00pm

Meditation Retreat in March at Shanti Mandir, Walden, will be part of the Mahashivaratri celebration, the festival in honor of Lord Shiva. The subject will be The Path of Self-Recognition, and we will study and contemplate together the teachings of Kashmir Shaivism, a non-dual philosophical tradition that provides the scriptural context for the teachings of the Siddhas.



The retreat will include:

- Talks and Interactive sessions
- Meditation
- Quiet contemplation
- Kirtan
- Wholesome food, good company, and more

Come and immerse yourself in contemplation and meditation!

Conducted by Dana and Vivek

Registration required

Suggested donation: \$100



51 Muktananda Marg
(off Route 208 between Walden
and the village of Wallkill), Walden, NY 12586
Call (845) 778-1008 for more information.
www.shantimandir.com
www.facebook.com/ShantiMandirWalden

Mark your calendars for the upcoming Meditation Retreat:
April 5 Honoring the Divine Feminine (Navaratra)

To learn more about Shanti Mandir, visit www.shantimandir.com