

YOUTH RETREAT

Sky OF THE Heart

SUNDAY, JULY 26 – SUNDAY, AUGUST 2, 2015

Youth Retreat plants and nurtures uplifting values in the youth by introducing them to the timeless, universal, and priceless teachings of the yoga tradition. The natural beauty and sacred atmosphere of Shanti Mandir provides a powerful environment for the youth to learn the teachings of yoga and meditation.

- Meditation workshop
- Interactive classes on yoga philosophy
- Hatha Yoga classes
- Class on Indian Classical Music
- Art class
- Kirtan (chanting)
- Storytelling
- Drama
- Wholesome food, good company, and more.

Participants of all age groups are welcome. Activities are planned for different age groups. No prerequisites are required.

Registration required.*

Suggested donation: \$400 for the entire retreat, \$50 per day, and \$60 per day with overnight stay.

For more information, email Vivek Desai (Retreat Coordinator) at vivek@shantimandir.com or call 845-778-1008.

* Registration can be completed at vivek@shantimandir.com or 845-778-1008. Upon registration, we will inform you of the necessary items required. Parents are required to sign the liability waiver. A \$100.00 deposit is required during registration.

www.shantimandir.com

