

“PEACE OF THE MIND”

Youth Retreat

August 8-16, 2009

Dear Seekers,

Be it quiet meditation, ecstatic chanting, study of scriptures, seva, or just enjoying the beautiful Ashram scenery, each place and each moment at the Ashram – and that, too, in the physical presence of a Guru – is filled with joy. Gurudev Nityananda has provided us with one more opportunity to come and relish those moments of stillness. There will be a weeklong “Peace of the Mind” retreat at Shanti Mandir, Walden, from August 8th to August 16th, 2009.

“When a person performs all his actions with supreme love and with the awareness that the Self is everywhere and in everything, his worldly life becomes spiritual.”

– Baba Muktananda from *I Have Become Alive*



Everyone of all ages is invited to come and enjoy the bliss of Satsang and the peaceful Ashram atmosphere. The week is packed with several different activities for participants of all age groups, including meditation, chanting, study of non-dual philosophies of Vedanta and Shaivism, Hatha Yoga, biodynamic agriculture, gardening, cooking, arts, crafts, music, and drama to mention just a few. The excitement for this retreat is already palpable!

Please join us for the entire week and be part of this extraordinary festivity leading up to the grand celebration of Baba’s Divya Diksha (Divine Initiation).

Muktananda says, “Come all.”

Please note that the donation per person for the entire week in the retreat is \$180.00 (or daily rate of \$30). RSVP at smwalden@frontiernet.net and feel free to contact us with any questions. Once having received your confirmation, we will then inform you of the necessary items required to accompany your children.

