

# YOUTH RETREAT

# Sky OF THE Heart

SUNDAY, JULY 14 – SUNDAY, JULY 21, 2013

*It is with great joy that we invite you to the Youth Retreat during Gurudev Nityananda's 2013 visit to Shanti Mandir, Walden. During this week, we will study the Siddha Lineage's teachings on the Heart.*

*The presence of the Guru, combined with the Ashram's natural beauty and sacred atmosphere, provide a powerful environment to deepen our practice and experience of the Heart.*

#### Highlights of the retreat include:

- Satsangs with Gurudev Nityananda
- Daily study of *The Sky of the Heart* – collection of Bhagawan's sayings
- An in-depth study of Bhagawan's and Baba's teachings on the Heart
- Scriptural study
- Stories containing universal and timeless teachings
- A workshop on Kashmir Shaivism: The Heart of Self-recognition
- Kirtan, Hatha Yoga, and Indian Classical Music
- Drama Performance, titled "Sky of the Heart"
- And more...

Activities are planned for participants of all age groups – children and young adults – in different locations on the land of Shanti Mandir. It is mandatory for the participants to attend the entire retreat so as to get the full benefit and impact of all that transpires during this special week. We also encourage local participants to try to stay at the Ashram for the week.

Please note that Guru Purnima falls on Monday, July 22.

Retreat participants can email feedback (from last year), suggestions, and ideas at [shanti@twcmetrobiz.com](mailto:shanti@twcmetrobiz.com) before June 30.

Registration and deposit are due by June 30\*.

*With great respect and love,  
I welcome you all with all my Heart.*

– BABA MUKTANANDA



\* Registration can be done at [shanti@twcmetrobiz.com](mailto:shanti@twcmetrobiz.com) or at 1-845-778-1008. Suggested donation per person for the entire retreat is \$350.00. 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.