

# Meditation Retreat

U N D E R S T A N D I N G T H E M I N D

Saturday, March 14, 2015, 10:00 am – 5:00 pm

Conducted by Devayani and Vivek

Despite progress in technology and medicine, people in today's world continue to suffer greatly from anxiety and depression. The practice of meditation enables one to discover peace within oneself, allowing one to overcome inner turmoil and unlock enormous hidden potential.

During the 1970s and early '80s, the renowned sage Baba Muktananda was one of the first and foremost teachers to bring the ancient teaching of meditation to the West, creating a "Meditation Revolution." In continuation of that tradition, Meditation Retreats at Shanti Mandir, Walden, provide a powerful atmosphere in which to deepen one's understanding and experience of meditation.

All are welcome, and no experience with meditation is necessary.

- Interactive sessions
- Guided meditations
- Mantra meditation
- Quiet contemplation

Shanti Mandir, 51 Muktananda Marg  
(off Route 208 between Walden and the village of Walkill)  
Walden, NY 12586

Registration required.

Suggested donation: \$100\*

**Call 845-778-1008 for more information.**

\* Includes a wholesome, homemade, vegetarian lunch.



[www.shantimandir.com](http://www.shantimandir.com)



**Devayani**

At the age of 14, Devayani began her spiritual journey when she met Baba Muktananda. She has been practicing meditation and chanting for over 35 years and is acknowledged for her devotion and singing, having led thousands of people into ecstatic chanting, as she travels throughout the world. She enthusiastically embodies joy and love, inspiring people to embrace the heart of yoga.



**Vivek Desai, PhD**

Vivek grew up in a family of Baba Muktananda's devotees. He holds several degrees, including B.A. in Philosophy with a minor in Religious Studies, and is currently a student of Sanskrit language. He has been teaching yoga philosophy since 2008, and is known for his ability to interpret and convey the essence of scriptures in a very precise manner.

*We do not meditate only to relax a little and experience some peace. We meditate to unfold our inner being.*

— BABA MUKTANANDA

