

# KASHMIR Shaivism WORKSHOP

INSTRUCTOR:  
DANA WILKINSON

Dana met Baba Muktananda in 1974, and beginning with eight years under Baba's tutelage, he has been teaching meditation and yoga philosophy for almost four decades. A senior instructor at Shanti Mandir for the past 15 years, his approach is poetic and devotional and his style is casual and insightful. He leads the singing of *Haripath* at Shanti Mandir.



**Shanti Mandir**

51 Muktananda Marg  
(off Route 208 between Walden  
and the village of Walkill)  
Walden, NY 12586  
[www.shantimandir.com](http://www.shantimandir.com)

**SATURDAY, JUNE 13, 2015  
10:00AM – 12:30PM**

AT SHANTI MANDIR IN WALDEN, NEW YORK

**“THE DISCUSSION OF SHAIVISM ALWAYS BRINGS JOY.  
BY GRANTING THE KNOWLEDGE OF THE SELF,  
SHAIVISM DESTROYS IGNORANCE.”**

**– BABA MUKTANANDA**

**A subtle change of focus creates a dramatic change in this every-moment life.**

Join us in exploring the third chapter of the *Shiva Sutras*, which shows how we can shift from a narrow, limited experience of life, to one of universal understanding and joy.

Kashmir Shaivism is a non-dual philosophical tradition that provides the scriptural context for the teachings of the Siddha Path. The purpose of this workshop series is to provide an understanding and experience of this sublime philosophy. The workshop format includes exposition, discussion, and centering techniques. Each workshop in this ongoing series focuses on a particular scripture or theme.

All are welcome, and no prerequisites are required.

**Suggested donation: \$25**

*Includes a wholesome, homemade, vegetarian lunch*  
**Call 845-778-1008 for more information.**