

# Yoga Philosophy Workshops

JULY 17-29, 2017

We invite you to come and immerse yourself in an intensive fortnight exploration of the essential teachings of yoga. The glorious natural setting and sacred atmosphere of Shanti Mandir make it an ideal environment for study and reflection.



## Schedule\*

### JULY 17-18

Living Worldly Life in Inner Retreat –  
Integrating Yoga in Our Daily Activities  
Workshop by Delia Amézquita

### JULY 19

Guided reflections, yoga, and one-on-one sessions with  
instructors

### JULY 20-21

Yoga in the World – according to the *Bhagavad Gita*  
Workshop by Vivek Desai, PhD

### SATURDAY, JULY 22

Panel discussion on yoga philosophy with Larry, Keval,  
and Vivek

### JULY 24-25

Yoga of the *Upanishads*  
Workshop by Keval Pezet

### JULY 26

Guided reflections, yoga, and one-on-one sessions with  
instructors

### JULY 27-28

Yoga Wisdom for Conscious Living and Leadership  
Workshop by Larry Holmes

### SATURDAY, JULY 29

Panel discussion on yoga philosophy with Larry, Keval,  
and Vivek



Delia Amézquita



Vivek Desai, PhD



Keval Pezet



Larry Holmes

## Registration options :

\$1700 (all inclusive package, includes delicious meals  
and comfortable accommodations from July 17-29)

\$100 per day (includes delicious meals; independent  
accommodation fees depending on the room  
preference)

\*Every day, the workshop will begin at 10:00 am and end at 5:00 pm.



Shanti Mandir  
51 Muktananda Marg  
(off Route 208 between Walden and the village of Wallkill)  
Walden, NY 12586  
845-778-1008  
[www.shantimandir.com](http://www.shantimandir.com)

# Yoga Philosophy Workshop

JULY 17-18, 2017\*

## LIVING WORLDLY LIFE IN INNER RETREAT – INTEGRATING YOGA IN OUR DAILY ACTIVITIES

Conducted by Delia Amézquita



Meditators, yogis, and practitioners of different spiritual paths all require balanced minds to be able to sit, pray, meditate, study, and go deeper in our journeys. How can we move the concepts – intellectual understanding – of our spiritual path to our hearts? How can we embody our spirituality, embracing our humanness, and, at the same time, recognizing and trusting that our purpose is to attain our highest potential? If we remain focused and in constant remembrance of our true nature, we can integrate our spiritual practices into our daily activities, and thus make all aspects of our life sacred and conducive to our path.



Delia met Gurudev Nityananda five years after starting her professional career in public relations. Ever since, the spiritual path has been the strongest priority in her life. Along with serving a number of world-renowned corporations, which requires a busy work and social life, she enjoys using her daily routine to water the seeds of the highest purpose of human life.

Entrance fee:

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(includes delicious meals; independent accommodation fees depending on the room preference)

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# Yoga Philosophy Workshop

JULY 20-21, 2017\*

## YOGA IN THE WORLD – ACCORDING TO THE BHAGAVAD GITA

Conducted by Vivek Desai, PhD



Most people think of yoga as a practice for physical fitness, and some view it as an esoteric path practiced by a few eccentric individuals in remote Himalayan caves. However, in the *Bhagavad Gita* (*The Song of God*), God guides a disheartened prince to practice yoga in the most unlikely of all places – on a battlefield! What is yoga, really? And how can it be practiced while living in the world? In this workshop, we will explore this deeply relevant topic, as we, in modern times, try to apply the ancient – but timeless – teachings of the yoga tradition in our daily lives.



Vivek grew up in a family of Baba Muktananda's devotees. He holds several degrees, including a B.A. in Philosophy and a minor in Religious Studies, and is 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.

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# Yoga Philosophy Workshop

JULY 24-25, 2017\*

## YOGA OF THE UPANISHADS

Conducted by Keval Pezet



This workshop will focus on yoga of the *Upanishads*. The essence of yogic wisdom and training is derived directly from the venerable and incomparable Vedic tradition. And no body of illuminated teachings is more revered than those of the *Upanishads*. These expressions of non-dual (*advaita*) spiritual instruction are readily accessible and immanently applicable in crafting a potent and joyful life. The *Upanishads* affirm and underscore that the Self is real and at the core of our experience, and can be directly realized in this very life.



Keval Pezet is a lifelong student and practitioner of Baba Muktananda's teachings. His particular love is of the relationship between the creative impulse, aesthetics and the sacred. He, along with his wife, established Shantarasa Yoga in Australia as a vehicle for disseminating the yogic wisdom. Since 2005, he has trained hundreds of yoga teachers and yoga enthusiasts.

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# Yoga Philosophy Workshop

JULY 27-28, 2017\*

## YOGA WISDOM FOR CONSCIOUS LIVING AND LEADERSHIP

Conducted by Larry Holmes



This workshop will focus on facilitating a deep understanding of the ancient yogic scriptures, with the express purpose of ensuring their practical applications to all aspects and challenges in our lives today. The workshop will be highly interactive and will focus on the many ways Baba Muktananda taught ancient yoga philosophies like Vedanta and Kashmir Shaivism because they have a profound and practical application to both sadhana and modern life. It will require each person to develop clarity of individual life purpose in a way that combines the wisdom of yoga with the demands of our material lives.



Larry met Baba Muktananda in 1974 and, for the next eight years, studied yoga philosophy under his guidance. He lived with Baba at his ashram in India and traveled with him on two world tours, serving as the emcee of his programs. For the past 32 years, he has been a corporate leadership development consultant. He is a personable and engaging communicator.

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