

Meditation Retreat

THE HEART OF YOGA

Saturday, December 28

9:00am to 5:00pm

Join us in concluding the year by immersing ourselves in the experience of the Heart. We will use *Narada Bhakti Sutras* as our scriptural basis, and we will sing and study devotional poems, spending time in quiet reflection and meditation.



Conducted by Shanti Mandir instructors at Namaste

Registration required

Suggested donation: \$100