

Meditation Retreat

CULTIVATING MENTAL BALANCE

Saturday, February 8
9:00am to 4:00pm

After an insightful and rewarding first retreat in January, we invite you to join us for this year's second one in the monthly Meditation Retreat series. The subject for this month is Cultivating Mental Balance.

The retreat will include:

- Talks and Interactive sessions
- Meditation
- Quiet contemplation
- Kirtan
- Wholesome food, good company, and more

Come and immerse yourself in contemplation and meditation!

Conducted by Dana, Devayani, and Vivek

Registration required
Suggested donation: \$100



Mark your calendars for the upcoming Meditation Retreats:

March 1 The Path of Self-Recognition (Shivaratri)

April 5 Honoring the Divine Feminine (Navaratra)

To learn more about Shanti Mandir, visit www.shantimandir.com