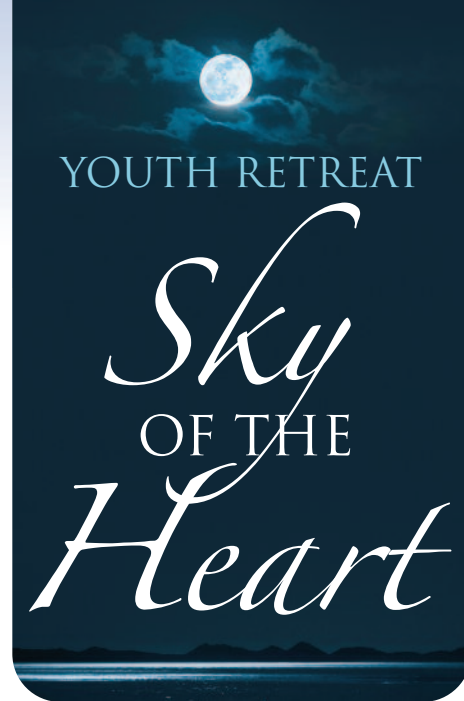


Pointers

Sunday, July 6 – Sunday, July 13, 2014



Dear Friends,

We would like to provide a few pointers to enable you to fully participate in all the activities offered at the "Sky of the Heart" Youth Retreat.

▶ Please remember to bring the following items (or at least the ones you have):

- chanting book
- notebook
- pen/pencil
- flashlight
- umbrella
- tennis shoes
- hat
- sports items
- toiletries
- towel
- shawl
- kurta and dhoti or lungi for boys
- punjabi or sari for girls
- bikes

- ▶ We sincerely request you to please refrain from bringing any electronic items that could be damaged, stolen, lost, and/or are potential sources of distraction, such as iPhones, laptops, videogames, cell phones, iPods, etc.
- ▶ We want everyone to fully immerse themselves in the Ashram environment and discipline so all such distracting items will be set aside for you until the end of the retreat.
- ▶ Please note that the official welcome and orientation for the retreat will be on Sunday, July 6, 6:30 pm (following Arati at 6:00 pm).
- ▶ Please remember to register with Ajit Desai at the front desk upon arrival.

We look forward to your company during the retreat.

51 Muktananda Marg
(off Route 208 between Walden and the
village of Wallkill), Walden, NY 12586
Call (845) 778-1008 or write to
vivek@shantimandir.com
for more information about the retreat.
www.shantimandir.com

