

SHANTI MANDIR 2015 WALDEN CALENDAR

June

DEAR FRIENDS,

We warmly invite you to attend Satsang at Shanti Mandir in Walden in June. Events this month will include a Kashmir Shaivism Workshop and a special Hatha Yoga Weekend in celebration of International Yoga Day on the 21st. Come and enjoy the soothing atmosphere of silence and peace.



SUNDAY SATSANG SUBJECT
SPANDA KARIKAS
(AVAILABLE IN THE SM GIFT SHOP)

Saturday, June 6
7:30–9:00pm Kirtan

Sunday, June 7
9:00am *Shree Guru Gita* • 10:00am – 12:00 noon Satsang
Kirtan

Saturday, June 13
KASHMIR SHAIVISM WORKSHOP
This workshop will focus on how a subtle change of focus creates a dramatic change in this every-moment life.
Text: *Shiva Sutras*, Chapter 3.
10:00am – 12:30pm
Conducted by Dana Wilkinson
Suggested donation: \$25 (includes lunch)

7:30–9:00pm Kirtan

Sunday, June 14
9:00am *Shree Guru Gita* • 10:00am – 12:00 noon Satsang
“The relationship between Truth, Consciousness, and Bliss,”
a talk by Nityeshwari Bordoy

INTERNATIONAL YOGA DAY CELEBRATION
Whole Weekend of Yoga!

Saturday, June 20
108 SURYA NAMASKAR
10:00am – 12:30pm
Participate, sponsor, or simply join us and support

1:00pm Lunch

2:00–3:00pm

WHAT IS YOGA?

Introductory presentation on Yoga

3:30–5:00pm
YOGA FOR EVERY BODY
Group yoga sessions for everybody to participate

5:15–6:00pm

Q&A

Ask any of the teachers your questions about yoga

7:30–9:00pm Kirtan

Sunday, June 21
INTERNATIONAL YOGA DAY
10:00am – 2:00pm
Exploring topics of the Eight Limbs of Yoga

FATHER'S DAY PICNIC LUNCH

2:00pm

Saturday, June 27
GROUP SEVA DAY

11:00am – 4:00pm

We invite everyone to come and help prepare the Ashram for the summer with Gurudev.

Sunday, June 28
9:00am *Shree Guru Gita* • 10:00am – 12:00 noon Satsang
Meditation

Every Saturday night, kirtan
(chanting the divine name), **7:00–9:00pm.**
Every Sunday, *Guru Gita*, **9:00–10:00am;**
Satsang (includes kirtan, meditation, and discourse),
10:00am until noon. A vegetarian meal follows and
everyone is welcome to participate.
Every Monday 7:30–8:30pm and
every Thursday 6:30–8:00pm, Hatha Yoga class.



51 Muktananda Marg (off Route 208 between Walden
and the village of Walkill), Walden, NY 12586
Call (845) 778-1008 for more information.
www.shantimandir.com

Gift Shop open every day
10:00AM – 6:00PM

If you wish to visit outside of these hours,
please call (845) 778-1008. <http://www.shantimandir.com/shop/>

