

WORKSHOP
INSTRUCTORS:

DANA WILKINSON



Dana met Baba Muktananda in 1974, and beginning with eight years under Baba's tutelage, he has been teaching meditation and yoga philosophy for almost four decades. A senior instructor at Shanti Mandir for the past 15 years, his approach is poetic and devotional and his style is casual and insightful. He leads the singing of *Haripath* at Shanti Mandir.

VIVEK DESAI, PHD



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 currently 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.



Shanti Mandir

51 Muktananda Marg
(off Route 208 between Walden
and the village of Walkill)
Walden, NY 12586
www.shantimandir.com

KASHMIR Shaivism WORKSHOP

WHAT IS TRUE FREEDOM?

SATURDAY, JULY 4, 2015

9:00AM TO 1:00PM

AT SHANTI MANDIR IN WALDEN, NEW YORK

All yoga philosophies speak of freedom and what it truly means to be free. Come and join us in this special workshop as we explore Kashmir Shaivism's approach to this topic using *Pratyabhijñā-hṛdayam* (*The Heart of Self-Recognition*) as the text.

Kashmir Shaivism is a non-dual philosophical tradition that provides the scriptural context for the teachings of the Siddha Path. The purpose of this workshop series is to provide an understanding and experience of this sublime philosophy. The workshop format includes exposition, discussion, and centering techniques. Each workshop in this ongoing series focuses on a particular scripture or theme. All are welcome, and no prerequisites are required.

**"THE DISCUSSION OF SHAIVISM ALWAYS BRINGS JOY.
BY GRANTING THE KNOWLEDGE OF THE SELF,
SHAIVISM DESTROYS IGNORANCE."**

– BABA MUKTANANDA

Suggested donation: \$45

Includes a wholesome, homemade, vegetarian picnic lunch

Call 845-778-1008 for more information.