



WORKSHOP
INSTRUCTOR



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 Wallkill)
Walden, NY 12586
www.shantimandir.com

KASHMIR *Shaivism* WORKSHOP

THE FIVE-FOLD ACT

SATURDAY, DECEMBER 5, 2015

10:00 AM TO 12:30 PM

AT SHANTI MANDIR IN WALDEN, NEW YORK

The essential message of Kashmir Shaivism is the individual and Divine Consciousness is one and the same. How can one recognize this truth? Is there any mark in the individual that indicates this truth? Kashmir Shaivism provides a brilliant reply. Join us as we explore this fascinating 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

Donation: \$25

Includes a wholesome, homemade, vegetarian lunch
Call 845-778-1008 for more information.