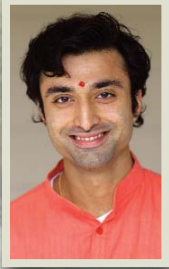




WORKSHOP  
INSTRUCTOR



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 THREE STATES

### SATURDAY, JANUARY 9, 2016

### 10:00 AM TO 12:30 PM

### AT SHANTI MANDIR IN WALDEN, NEW YORK

It is our regular daily experience that our waking world is not the same as our dreaming world, and that in deep sleep there is no "world" at all! Is there anything present in and common to all three states? A thorough grasp of this subject can revolutionize our lives. Join us as we explore this question raised by Kashmir Shaivism using *Spanda-Kārikās* (*The Verses on Divine Vibration*) as our reference guide.

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**

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