

# Meditation Retreat

THE HEART OF YOGA

Saturday, April 9, 2016, 10:00 am – 4:00 pm

Conducted by Devayani

Despite progress in technology and medicine, people in today's world continue to suffer greatly from anxiety and depression. The practice of meditation enables one to discover peace within oneself, allowing one to overcome inner turmoil and unlock enormous hidden potential.

Meditation Retreats at Shanti Mandir, Walden, provide a powerful atmosphere in which to deepen one's understanding and experience of meditation. The format is designed to give a holistic experience of meditation.

All are welcome, and no experience with meditation is necessary.

- Mantra meditation
- Silent meditation
- Kirtan
- Yoga for meditation by Dave Gervais
- Meditative instrumental music (santoor) by Vinay

Shanti Mandir, 51 Muktananda Marg  
(off Route 208 between Walden and the village of Walkill)  
Walden, NY 12586

Registration required.

Suggested donation: \$75\*

\*Includes a wholesome, homemade, vegetarian lunch.

**Call 845-778-1008 for more information.**



## Devayani

At the age of 14, Devayani began her spiritual journey when she met Baba Muktananda. She has been practicing meditation and chanting for over 35 years and is acknowledged for her devotion and singing, having led thousands of people into ecstatic chanting, as she travels throughout the world. She enthusiastically embodies joy and love, inspiring people to embrace the heart of yoga.



## Dave Gervais

Dave holds a 1500-hour teacher training certificate and has been teaching yoga for 20 years.



## Vinay Desai

Vinay received his initial santoor training in India, and currently continues his studies under several maestros.

*We do not meditate only to relax a little and experience some peace.  
We meditate to unfold our inner being.*

– BABA MUKTANANDA



[www.shantimandir.com](http://www.shantimandir.com)

