

October

DEAR FRIENDS,

A beautiful season with Gurudev in residence comes to a close in the colorful month of October at Shanti Mandir. Baba Muktananda's Mahasamadhi celebration, a Meditation Intensive, and Gurudev's Farewell Satsang form the culmination of his visit. With his presence and teachings fresh in mind, we begin the autumn season with numerous programs to inspire the intellect and open the heart. We welcome you all with love.

SUBJECT OF THE YEAR

AṢṬĀVAKRA GĪTĀ

(AVAILABLE IN THE SM GIFT SHOP)

BABA MUKTANANDA'S MAHASAMADHI

Sunday, October 1

SATSANG WITH GURUDEV

9:00am Shree Guru Gita • 10:00am – 12:00 noon Satsang

Monday, October 2

SOLAR DATE

6:45am Shree Guru Gita

Wednesday, October 4

LUNAR DATE – FULL MOON

6:45am Shree Guru Gita

10:00am-12:00 noon

Samaradhana Pooja by Anant Lavarji Shastri –

Pooja in honor of liberated beings

7:30–9:00pm Kirtan

MEDITATION INTENSIVE WITH GURUDEV*

Saturday, October 7

TOPIC: LIBERATION

9:00am – 4:00pm

A day of immersion in meditative practices with Gurudev. Donation: \$125 (includes lunch). Pre-registration recommended.

Sunday, October 8

GURUDEV'S FAREWELL SATSANG

9:00am Shree Guru Gita • 10:00am – 12:00 noon Satsang

KASHMIR SHAIVISM WORKSHOP*

Saturday, October 14

Focus will be on understanding emotions.

Text: *Spanda Kārikās* • 10:00am – 12:30pm

Conducted by Vivek Desai • Entrance fee: \$25 (includes lunch)

KIRTAN

7:30–9:00pm

Saturday, October 14 – Sunday, October 15

VOCAL MUSIC WORKSHOP

Conducted by Samartha Nagarkar

For more info or to register, email samarthnagarkar@gmail.com

Sunday, October 15

SATSANG

9:00am Shree Guru Gita • 10:00am – 12:00 noon Satsang
"The Heart of Yoga – Living It," a talk by Larry Holmes



DEEPAWALI: FESTIVAL OF LIGHTS

Wednesday, October 18

7:30pm Kirtan: Sri Ram Jai Ram

PARENT-CHILD YOGA

Saturday, October 21

10:00am – 1:30pm

Ages 2-6

Theme: Autumn Harvest Yoga and Pumpkin Decoration

Conducted by Kristina Panagacos

Parent/child pair: \$25 and \$15 for additional child or parent (includes lunch).

KIRTAN

7:30–9:00pm

Sunday, October 22

SATSANG

9:00am Shree Guru Gita • 10:00am – 12:00 noon Satsang

Kirtan – Chanting the divine name

Saturday, October 28

KIRTAN

7:30–9:00pm

Sunday, October 29

SATSANG

9:00am Shree Guru Gita • 10:00am – 12:00 noon Satsang

Meditation

* Online registration available.

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



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/>

