



## 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 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  
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# KASHMIR Shaivism WORKSHOP

## UNDERSTANDING EMOTIONS

**SATURDAY, OCTOBER 14, 2017  
10:00 AM TO 12:30 PM**

**AT SHANTI MANDIR IN WALDEN, NEW YORK**

Emotions are universal – every human being experiences them, regardless of age, gender, personality, status, or cultural identity. Emotions such as anger, grief, and jealousy, agitate us and hamper us from realizing our true potential. How can we overcome such emotional blocks? Kashmir Shaivism offers a unique perspective. Join us as we explore this crucial topic 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 sages. 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**

**Entrance fee: \$25 per person**

*Includes a wholesome, homemade, vegetarian lunch*

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