

# KASHMIR Shaivism WORKSHOP

## GURU GITA A GUIDE FOR GRACEFUL LIVING

**SATURDAY, DECEMBER 2, 2017**

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

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

At the heart of the tradition of Kashmir Shaivism is the importance of Guru's grace. Interestingly, Baba Muktananda referred to *Śrī Guru Gītā* (*The Song of the Teacher*) as "the one indispensable text." Join us as we interpret this mysterious and powerful ancient scripture in the light of Kashmir Shaivism and draw practical lessons from it that can enable us to live gracefully.

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. No prerequisites.



### WORKSHOP INSTRUCTOR: VIVEK DESAI

Vivek grew up in a family of Baba Muktananda's devotees. After receiving his PhD in molecular biology from Princeton University, he moved into Shanti Mandir to pursue yoga studies with Sanskrit education full time. He has been teaching yoga philosophy for the past decade and is known for his ability to convey the relevance and practical application of ancient scriptures in our modern lives.

**Entrance fee: \$25**

*Includes a wholesome, homemade, vegetarian lunch*

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



**"THE DISCUSSION OF  
SHAIVISM ALWAYS  
BRINGS JOY.  
BY GRANTING THE  
KNOWLEDGE OF  
THE SELF,  
SHAIVISM DESTROYS  
IGNORANCE."**

**- BABA MUKTANANDA**



**Shanti Mandir**

51 Muktananda Marg  
(off Route 208 between Walden  
and the village of Wallkill)  
Walden, NY 12586  
[www.shantimandir.com](http://www.shantimandir.com)