

U P A N I S H A D

W O R K S H O P

# SELF-INQUIRY

TEXT: KENA UPANISHAD



INSTRUCTOR  
VIVEK DESAI

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



**Shanti Mandir**

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

**SATURDAY, FEBRUARY 24, 2018**  
**10:00 AM TO 12:30 PM**

AT SHANTI MANDIR IN WALDEN, NEW YORK

DESPITE PROGRESS IN TECHNOLOGY AND MEDICINE, people in today's world continue to suffer greatly from stress, anxiety, and depression. The time-tested practice of self-inquiry can enable one to discover peace within oneself, allowing one to overcome inner turmoil and unlock enormous hidden potential. How does one practice self-inquiry? What are the requirements, the obstacles, and the results of this practice? *Kena Upaniṣad*, an ancient sacred text, is a comprehensive treatment of this subject.

Upanishads are ancient sacred texts that constitute the foundational literature for the teaching of nonduality (Advaita Vedanta). The purpose of this series is to provide an understanding and experience of this sublime wisdom. The workshop format includes exposition, question-answers, and guided meditations. Each workshop in this series will focus on a specific topic from an Upanishad.

All are welcome. No prerequisites.

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

*Includes a wholesome, homemade, vegetarian lunch*

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