

YOUTH RETREAT

Magnanimity

SUNDAY, JULY 1 – SUNDAY, JULY 8, 2018

The Youth Retreat plants and nurtures uplifting values in young people by introducing them to the timeless, universal, and priceless teachings of the yoga tradition. The natural beauty and sacred atmosphere of Shanti Mandir provide a powerful environment for youth to learn the teachings of yoga and meditation.

- Meditation workshop
- Interactive classes on yoga philosophy
- Hatha Yoga classes
- Music classes
- Garden activities
- Outdoor activities
- Arts and crafts
- Kirtan (chanting)
- Storytelling
- Drama
- Wholesome food, good company, and more.

Age requirement: 10 to 20. No prerequisites. Pre-registration recommended.* It is recommended that participants attend the entire retreat.

Entrance fee: \$400 for the entire retreat, \$50 per day, and \$60 per day with overnight stay.

For more information, email Vivek Desai (Retreat Coordinator) at vivek@shantimandir.com or call 845-778-1008.

* Registration can be completed at vivek@shantimandir.com or 845-778-1008. Upon registration, we will inform you of the necessary items required. Parents are required to sign the liability waiver. A \$100.00 deposit is required during registration.

With great love and respect, a heartfelt welcome to everyone.

– RABA MUKTANANDA

To learn more about Shanti Mandir, visit www.shantimandir.com

