

RETREAT IN KAUAL WITH  
GURUDEV SWAMI NITYANANDA

# Muktananda the Bliss of Freedom

APRIL 24 TO MAY 1, 2019



**You are invited** to a retreat with Gurudev in the beautiful Hawaiian island of Kauai!

During the retreat, we will immerse ourselves for six days/ seven nights in the teachings and practices as shared by Baba Muktananda. The retreat promises to inspire our resolve for Self-realization and the experience of the bliss of freedom.

Here are some specifics:

- The retreat will begin on April 24th at 5:00pm and end on May 1st at 10:00am. Everyone is requested to arrive by the early afternoon of April 24th and depart by the afternoon of May 1st.
- Dinner will be served on April 24th and breakfast will be served on May 1st.
- All planned group transportations, airport pick-ups, meals, group outings, and a one-day Meditation Intensive will be included as part of the retreat price.
- The retreat site, called Shambhavan, is a stunning first-class facility with a swimming pool, grounds for taking walks, spacious sitting rooms, and much more. We will have the entire facility to ourselves. Wireless Internet is available and free of charge.
- The sleeping accommodations are large, beautifully decorated and have private bathrooms. The first 18 participants who register will be able to stay at the retreat site. All others will be off-site.
- The daily program will include:
  - Time with Gurudev
  - Text chanting
  - Kirtan
  - Meditation
  - Hatha Yoga
  - Outings
  - Three delicious vegetarian meals
- Special events will include:
  - Meditation Intensive
  - Programs at the Nityananda Temple
  - Group breakfast at the local Fruit-stand
  - A complementary one-hour synchronized Ayurvedic massage

**COST:** \$2,500 per person for entire retreat (standard room with private bath) or \$2,700 per person (deluxe corner room with private bath). All accommodations feature two persons per room.

Accommodations at the retreat site will be available on a first come first served basis, and only after a nonrefundable deposit of \$500 is received.

Please respond to [gopita@shantimandir.com](mailto:gopita@shantimandir.com) if you wish to attend or are interested in receiving more information. To ensure your accommodations at the retreat site, please register as soon as possible!



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