

U P A N I S H A D

W O R K S H O P

FACING DEATH

TEXT: KATHA UPANISHAD



INSTRUCTOR
VIVEK DESAI

Vivek grew up in a family of Baba Muktananda's devotees and holds a PhD in molecular biology from Princeton University. He has been teaching yoga philosophy for more than a decade and is known for his ability to convey the relevance and practical application of ancient scriptures in our modern lives. He is the author of *Who Thinks? Who Breathes?*



Shanti Mandir

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

SATURDAY, MARCH 23, 2019
10:00 AM TO 12:30 PM

AT SHANTI MANDIR IN WALDEN, NEW YORK

THE EMERGENCE of burials in the history of mankind marks the dawn of this question in the human mind: What happens after death? From massive pyramids and elaborate mausoleums, to sky burials and burials at sea, each culture has grappled with the mystery of death. In the *Katha Upanishad*, an ancient sacred text of Hinduism, a courageous young boy goes to the house of death and asks this question to the god of death himself. The answer is mind-blowing! Join us as we study their fascinating dialogue and learn how coming to grips with our own mortality can free us from all suffering in life.

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.