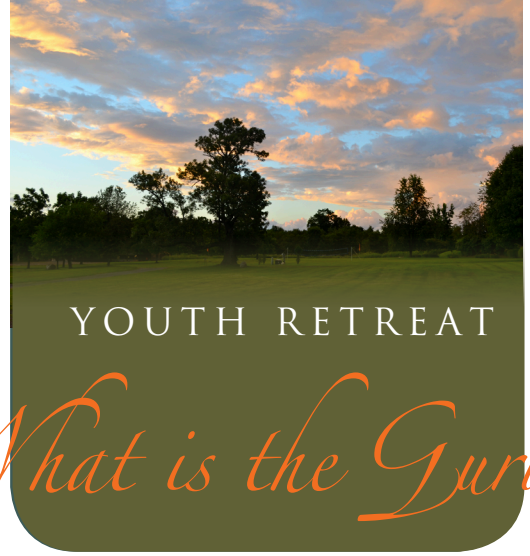


Pointers

Sunday, August 4 – Sunday, August 11, 2019



Dear Friends,

We would like to provide a few pointers to enable you to fully participate in all the activities offered at the "What is the Guru?" Youth Retreat.

▶ Please remember to bring the following items (or at least the ones you have):

- notebook
- pen/pencil
- flashlight
- umbrella
- tennis shoes
- hat
- sports items
- toiletries
- shawl
- kurta and dhoti or lungi for boys
- kurti or sari for girls
- bikes

- ▶ We sincerely request you to please refrain from bringing any electronic items that could be damaged, stolen, lost, and/or are potential sources of distraction, such as iPhones, laptops, videogames, cell phones, iPods, etc.
- ▶ We want everyone to fully immerse themselves in the Ashram environment and discipline so all such distracting items will be set aside for you until the end of the retreat.
- ▶ Snacks will be provided, so we request you to not bring any snacks from home.
- ▶ Note that the official welcome will be on Sunday, August 4 at 5:00pm.
- ▶ Register with Nityeshwari at reception upon arrival.
- ▶ For more information, email Vivek Desai (Retreat Coordinator) at vivek@shantimandir.com or call 845-778-1008.

We look forward to your company during the retreat.

51 Muktananda Marg
(off Route 208 between Walden and the
village of Wallkill), Walden, NY 12586
(845) 778-1008

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