

U P A N I S H A D

W O R K S H O P

EQUANIMITY IN DAILY LIFE

TEXT: ISHA 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 nonduality 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 hamlet of Wallkill)
Walden, NY 12586
www.shantimandir.com

SATURDAY, JUNE 8, 2019
10:00 AM TO 12:30 PM

AT SHANTI MANDIR IN WALDEN, NEW YORK

IT IS EVERYONE'S EXPERIENCE that life brings both pleasure and pain. Is it possible to live in this world of duality with equanimity? Is it possible to live a life of peace and harmony without leaving the world? Yes! This is the emphatic answer of the *Iśa Upaniṣad*, one of the shortest, oldest, and most important sacred texts of Hinduism. In this workshop, we will explore this deeply relevant topic, as we, in modern times, try to apply the ancient – but timeless – teachings of the Advaita Vedanta tradition in our daily lives.

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.