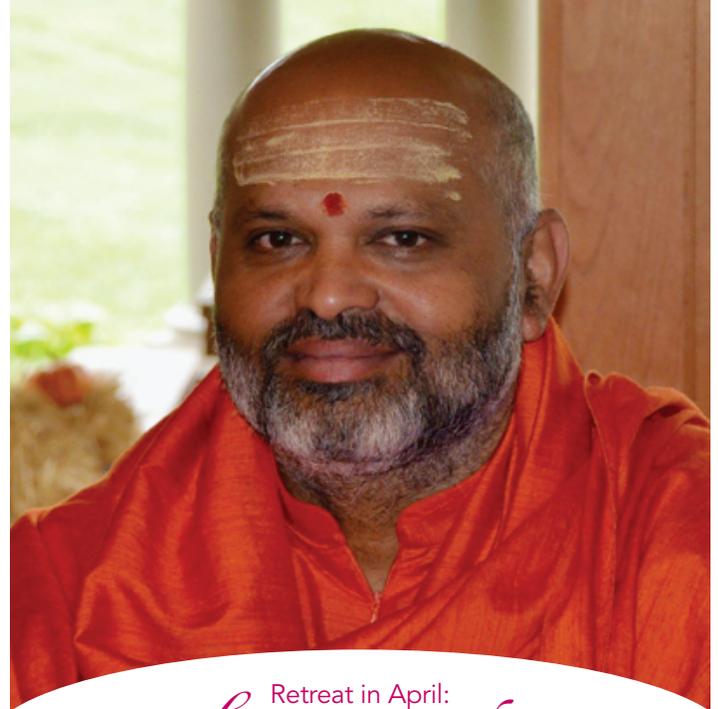


Gurudev Swami Nityananda

IN HAWAII, 2020

YOU ARE INVITED TO A RETREAT
WITH GURUDEV ON HAWAII'S
GARDEN ISLAND OF KAUAI!

TWO RETREATS IN KAUAI
ARE BEING OFFERED IN 2020.
YOU MAY REGISTER FOR
EITHER OR BOTH.



Retreat in April:
The Inner Power

April 24 to 30, 2020

Retreat in May:
*The Usefulness of
Human Life*

May 5 to 11, 2020



During each retreat, participants will absorb themselves in the teachings and practices, as shared by Gurudev Swami Nityananda. Each retreat is designed to invigorate our resolve to savor each moment as a means for Self-realization. On May 6, we will celebrate the 112th birthday of Gurudev's Guru, Baba Muktananda.

Each retreat will include the following daily activities:

- Time with Gurudev, including discussions and Q&A
- Text chanting
- Kirtan
- Meditation
- Hatha Yoga
- Free time for reflection, walks, or short outings
- Three delicious vegetarian meals

Special events will also be included during each retreat:

- Meditation Intensive
- Program at the nearby Nityananda Temple
- Group breakfast at the Moloa'a Sunrise Fruit Stand
- A complementary one-hour synchronized Ayurvedic massage with the application of Ayurvedic herbal oil

Other details about each retreat:

- **Retreat site:** Shambhavan is a beautiful, first-class facility with spacious sitting rooms, private grounds for taking walks, a swimming pool, and much more. We will have the entire facility to ourselves. Wireless Internet is available and free of charge.
- **Accommodations:** The sleeping accommodations at Shambhavan are beautifully decorated and spacious. Each room is equipped with a private bathroom and two beds. (All accommodations will feature two persons per room.)
- **Transportation:** All planned group transportation and airport pick-ups/drop-offs are included in the retreat package. If participants wish to go on self-arranged outings during free time, it is suggested that they secure a rental car or share a ride with a participant who has a car.
- **Travel information:** If flying into Kauai, participants will fly into the Lihue Airport (LIH). If they arrange for a rental car, shuttles to rental car offices are available right outside of baggage claim.

Specifics regarding the first retreat, "The Inner Power":

- The "Inner Power" retreat will begin the morning of April 24 and end after breakfast on April 30.
- All participants should plan to arrive at Shambhavan by 5:00pm on April 23. Airport pick-up to Shambhavan is included in the retreat package.
- Participants should plan to depart Shambhavan on April 30.

Specifics regarding the second retreat, "The Usefulness of Human Life":

- The "Usefulness of Human Life" retreat will begin the morning of May 5 and end after breakfast on May 11.
- All participants should plan to arrive at Shambhavan by 5:00pm on May 4. Airport pick-up to Shambhavan is included in the retreat package.
- Participants should plan to depart Shambhavan on May 11.

Cost for each retreat: US\$2500 per person for a standard room; US\$2700 per person for a deluxe corner room, which includes a sitting area. All accommodations will feature two persons per room.

Cost for both retreats:

- For participants who wish to register for both retreats, the cost will be US\$4500 for a standard room and US\$4800 for a deluxe corner room.
- Included in the cost for both retreats will be lodging at Shambhavan for the days/nights in between the two retreats. Meals at Shambhavan during the time between retreats may be arranged for an additional fee.

Registration: Accommodations at Shambhavan will be available on a first-come, first-served basis, and only after a nonrefundable deposit of \$500 has been received. The remaining balance will be due by March 24 for the first retreat, and April 5 for the second retreat. For participants registering for both retreats, the remaining balance will be due by March 24.

Please respond to gopita@shantimandir.com if you wish to attend or are interested in receiving more information.

Attending a retreat in Kauai with Gurudev is a precious opportunity. Don't miss out. To ensure your participation at one or both of the retreats offered in Kauai this year, please register as soon as possible.



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