

Shanti Mandir is a worldwide community of people from all walks of life who have the common aspiration to experience divinity, know the Self, and recognize the sacred in all.

Established in 1987 by Mahamandaleshwar Swami Nityananda, it continues the spiritual work of his Guru, the renowned sage Baba Muktananda, whom he succeeded, continuing the lineage of Siddha Gurus (enlightened masters). Shanti Mandir focuses on:

- Providing access to the teachings and practices of the great sages of India, in particular those of the lineage of Shaktipat Gurus represented by Swami Nityananda, Baba Muktananda, and his Guru, Bhagavan Nityananda.
- Guiding seekers to the direct experience of divinity through Sanskrit chanting, silent meditation, sacred texts, the offering of service, and participation in ancient rituals.
- Meditation Intensives – Meditation Intensives with Gurudev Swami Nityananda provide a unique opportunity to receive guidance, inspiration, and encouragement for one's own spiritual practice by spending the day in his presence.
- Indian Classical Music – Shanti Mandir aims to become a seat for Indian Classical Music in the Hudson Valley. We host music concerts at the ashram for the members of the surrounding community to enjoy. We invite not only world-renowned musicians but also support budding local talent.
- Yoga Courses and Workshops – The courses and workshops with Shanti Mandir instructors aim to provide an understanding and experience of the sublime philosophies of Advaita Vedanta and Kashmir Shaivism.

IN INDIA

- Shri Muktananda Sanskrit Mahavidyalaya – a Sanskrit and Vedic school that provides free education, board, and lodging.
- Shanti Hastkala – a women-empowerment initiative that trains rural women in simple handicraft skills to develop small-scale handicraft industries. www.shantihastkala.org
- Eye Camps – help the impoverished restore sight.
- Punarnava – an integrated center for well-being and research that combines Ayurveda (including Panchakarma), Naturopathy, Psychotherpay, Yoga, and Allopathy. www.punarnava.online
- Sharada Prabha – an English-medium school that provides holistic education in the lap of nature. www.sharadaprabha.org



ASHRAMS IN INDIA

Magod

This tranquil, traditional ashram, set in its lush orchard garden, is found in the state of Gujarat, India, near the village of Magod, a 10-minute drive from Valsad, a four-hour train ride north of Mumbai.

A picturesque, 20-acre property, shaded by hundreds of mango, coconut, and chickoo trees, it was inaugurated in 1999 and has been developed to accommodate over 250 people in newly constructed, fully serviced buildings.

Its design, function, and energy provide an ideal environment for spiritual practice with Sanskrit chanting, meditation, and sacred rituals in its temples, under the guidance of the Guru.

Kankhal

This ashram is found near the old pilgrimage town of Haridwar at the foothills of the Himalayas, on Sannyas Road, Kankhal, a street beside the Ganges River, filled with old ashrams.

A four-hour train ride north of New Delhi and a short drive from the train station leads to a place where the Vedic way of life continues to this day under the guidance of holy beings.

Ganeshpuri

This ashram is located near the samadhi shrine of Bhagavan Nityananda in the sacred town of Ganeshpuri.

SHANTI MANDIR ASHRAMS

Shanti Mandir, Walden

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www.facebook.com/ShantiMandirWalden



There are many Shanti Mandir centers worldwide. Please contact us to find out more information about centers in your area.

To subscribe to the WhatsApp list, send "Add me - your first and last name" to +1-845-427-1650 and add this number to your contact list.



The ashrams are not just places of tranquility. They are also places of renewal and transformation, ideal environments for removing blockages and reconnecting with the divinity within.

– SWAMI NITYANANDA

SHANTI MANDIR ASHRAM IN
Walden



*Meditate on your Self,
Worship your Self,
Kneel to your Self,
Honor your Self,
God dwells within you as you.*

– BABA MUKTANANDA



Shanti Mandir, Walden

Shanti Mandir, Walden, is one of four ashrams founded by Gurudev Swami Nityananda. It is located in the lower Hudson Valley, between the villages of Walden and Walkill, on Route 208, just 20 minutes northwest of Newburgh and 20 minutes south of New Paltz. The 294-acre property provides a glorious natural setting, including an active stream and pastoral and forest land. The ashram is a year-round facility that offers an array of programs such as chanting, meditation, hatha yoga, scriptural study, monthly meditation retreats, and music concerts, as well as courses and workshops. Every weekend features an evening of meditation and kirtan on Saturday, and a full Sunday morning program of scriptural recitation, kirtan, or a discourse by one of Shanti Mandir’s teachers.

The ashram is open to everyone. Delicious vegetarian meals are served daily, and overnight accommodation is available.



Daily Schedule at Shanti Mandir, Walden

5:55 am	Abhishek of Bhagavan Nityananda and Baba Muktananda
6:45 am	Shiva Arati/Morning Text Chant
8:15 am	Breakfast
9:30 am	Seva
12:30 pm	Om Namah Shivaya
12:45 pm	Arati – Jyota se Jyota
1:00 pm	Lunch
3:00 pm	Seva
5:30 pm	Evening Arati
6:00 pm	Text Chant
7:00 pm	Dinner
10:00 pm	Retire
Saturdays 6:00 pm	Kirtan and Meditation
Satsang on Sundays	9:00 am – Shri Guru Gita 10:00 am – 12:00 noon – Satsang (chanting, discourse, and more)

Rates

- Regular daily programs of Satsang, chanting, and meditation are free of charge. A specified donation amount is requested for workshops, retreats, and Meditation Intensives.
- Meals: Breakfast donation \$10.00
Lunch donation \$15.00
Dinner donation \$10.00
- Donation for overnight accommodation is from \$45 to \$125 per night per person depending on the accommodation preference. The accommodation rate includes all meals and bedding.
- Transportation is available to and from New York and Newark airports and local bus and train stations. Please call ahead for rates and arrangements.



Giftshop

We invite you to browse our wide selection of beautiful and unique handmade items from India and selected artisans in USA.

Annam Bakery

annam@shantimandir.com
+1 845-978-0273 (phone or text)



Swami Muktananda

Baba Muktananda (1908-1982) embarked on a spiritual journey at the age of 15, and his quest lasted for about 25 years, during which time he traveled across India, studying different forms of yoga and meeting many yogis. His search ended when he met his Guru, Bhagavan Nityananda, one of the greatest Siddhas of the last century, and received a powerful spiritual initiation from him. Following this, Baba performed intense spiritual practices for nine years, which culminated when Nityananda declared that Muktananda had become enlightened. In his spiritual autobiography, *Play of Consciousness*, Baba describes the remarkable unfolding that resulted from the transmission of spiritual energy he received from his Guru. In the last 12 years of his life, Baba made three world tours, creating a “Meditation Revolution,” during which he gave Shaktipat to thousands. Baba had the rare ability to give anyone a direct experience of the divine. He spoke in Hindi and his words were translated, yet his communication and message were beyond language and culture. Baba was a perfect manifestation of his name, Muktananda, which means “the bliss of freedom.” Audiences experienced his magnetic presence and his blissful energy, and were enchanted by his warmth, his mischievous humor, and the joyful spontaneity that informed his every gesture. Baba’s teachings penetrated the mainstream of the prevailing Western culture in the 1970s. His essential teaching was **“Meditate on your Self, worship your Self, kneel to your Self, honor your Self, God dwells within you as you.”**



Gurudev Swami Nityananda

Gurudev Swami Nityananda was raised from birth in an environment of yoga and meditation. His parents were devotees of Bhagavan Nityananda and Baba Muktananda. Trained from childhood by Baba, he learned the various yogic practices, including meditation, kirtan, and Sanskrit chanting, and studied the philosophies of Advaita Vedanta and Kashmir Shaivism. He was initiated into the Saraswati order of monks in 1980 at 18 years of age and was given the name Swami Nityananda by Baba. In 1981, Baba declared that Swami Nityananda would succeed him to carry on the lineage. In 1987, Swami Nityananda founded Shanti Mandir as a vehicle for continuing his Guru’s work and subsequently established four ashrams. In 1995, at the age of 32, at a traditional ceremony in India, saintly persons responsible for upholding the tradition installed him as a Mahamandaleshwar in recognition of his spiritual attainment. Shanti Mandir ashrams also support a number of community projects and charitable activities around the world. He travels between the ashrams each year, sharing the spiritual practices and teachings in which he has been initiated. His palpable humility, devotion, patience, and acceptance; his ability to speak English; and his knowledge of the Western culture allow audiences to grasp the traditional Vedic teachings with ease. While carrying on the traditional teachings, he makes spirituality a practical part of modern daily reality, guided by the prayer **“May all beings be content.”**

“Chanting and meditation nurture peace and contentment within, encouraging a balance between our spiritual and worldly lives. Daily practice of chanting and meditation gives us sublime strength and clarity to live in the awareness of that Truth which is beyond all differences.”

– SWAMI NITYANANDA

With great respect and love, a heartfelt welcome to all.

– BABA MUKTANANDA

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