

THE PURPOSE AND HEART OF THE

Spiritual Journey

ONLINE WORKSHOP SERIES



Larry Holmes has taught yoga philosophy since 1975.

He studied under Baba Muktananda's constant, direct guidance for eight years, travelling and working closely with him on two world tours. During that time, he was the emcee of Baba's programs, a senior teacher, Baba's corresponding secretary, and the director of courses and meditation centers worldwide. He is known for his clear and personable communication style, storytelling, and humor.

“O friend, where are you going? Where have you come from, and what are you supposed to do? You belong to the supreme Truth, but you have forgotten your origin. Now it is time to get back on the main road.”

Baba Muktananda, *Where Are You Going?*

This series of interactive, online workshops continues exploring the essence and heart of the spiritual journey, or as Baba referred to it, the “science of the spirit.” Drawing on the wisdom of the sages and the strength of our spiritual community or ‘sangha,’ together we will focus on and gain a deeper understanding of the teachings, practices and scriptures so dearly loved by Baba.

Each workshop is carefully designed to enhance and deepen our own practice, enabling us to better navigate and gain the benefits of the spiritual journey. No previous experience or scriptural study is required. However, a keen interest in actively engaging in the workshop process will provide participants a richer and deeper experience.

WHEN: **Thursday, May 7, 2020 from 10:00 am to 12:00 noon**
We intend to meet the first Thursday of each month.

INSTRUCTOR: **Larry Holmes**

FORMAT: **Online via Zoom Meeting**

TEXT: ***Where Are You Going?*, by Baba Muktananda**

COST: **None!** This on-line series is a gift of love to the community.

REGISTER: **E-mail Larry directly** at larry.holmes99@gmail.com

Please include your full name, location, and the length of your spiritual journey.

You will receive an e-mailed “Zoom Invitation” for each of the monthly workshops with instructions on how to log on and join the meeting.

We look forward to being together (online) soon!



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