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# **Foundations of Wisdom and Practice**

## Nine-day immersion course at Shanti Mandir June 21-June 30

"It is important that each seeker understands the subtle implications of the philosophy of inner understanding and experience." - Gurudev

We are excited to announce that registration is open for this unique nine-day, concentrated immersion into the teachings and practices of the Siddha Path. It is presented by Gurudev Nityananda and four long-time teachers — Larry Holmes, Marc Ketchel, Devayani, and Dana Wilkinson.

## Who is invited?

If you desire to grasp the universal principles and practices which embody the Siddha Path, which give you the solid foundation of Self-awareness-this course is for you.

## Where is it being held?

In the beautiful and peaceful countryside environment of the Shanti Mandir Ashram in Walden, New York, where one can easily un-plug, let go and experience deep, inner peace.

#### What is the subject matter?

We will present and explore the following profound topics:

- Realizing The Purpose of Life
- Solving the Mysteries of the Mind
- Kundalini, the Secret of Siddha Meditation
- The Guru-Disciple Alchemy
- The Power of Mantra and Chanting
- Living the Teachings

## What is the daily schedule?

Sunrise hatha yoga Morning arati and chanting

Breakfast

Dynamic seminars with course mentors or Gurudev Lunch

Group discussions and practices

Evening arati and chanting

Dinner

Sleep

#### What is the cost?

\$2295 USD all included – accommodation, delicious vegetarian meals, all course sessions, daily programs of chanting, meditation and hatha yoga and special Intensive with Gurudev Nityananda in person.

We encourage you to come and immerse yourself in this wonderful event and enjoy the grace of the Siddha Path in the company of other dedicated seekers.













51 Muktananda Marg (off Route 208 between Walden and the village of Wallkill) Walden, NY 12586 1-845-778-1008 walden@shantimandir.com www.shantimandir.com

Marc

