



COMPREHENDING SELF-EFFORT & GRACE WITH GURUDEV NITYANANDA

Thursday, August 29 – Friday, August 30, 2019

The glorious natural setting and sacred atmosphere of Shanti Mandir in the Hudson Valley make it an ideal setting for spiritual practice. We invite you to two days in the company of Gurudev Swami Nityananda, successor of Baba Muktananda, where we will explore the roles of self-effort and grace in our spiritual practice. Join us and take advantage of this wonderful opportunity to deepen your practice and experience of the eternal teachings of the sages.

- Conversations with Gurudev
- Question and Answers with Gurudev
- Quiet contemplation in a tranquil setting
- Afternoon hatha yoga with Gurudev. Bring your yoga outfits.

All are welcome.

Donation: \$250 (inclusive of wholesome meals and comfortable accommodations). Attendance on both days is mandatory.

Pre-registration required.

Call +1-845-778-1008 to register or for more information.



*Self-effort and Guru's grace
are like the two wings of a bird:
the bird needs both to fly.*

– Baba Muktananda



www.shantimandir.com

Shanti Mandir
51 Muktananda Marg
(off Route 208 between Walden and the village of Wallkill)
Walden, NY 12586