

MUKTANANDA® Dhyana Saptah
A SIDDHA MEDITATION® Event

Siddha Yoga Ashram in Melbourne

Saturday 24 April, 2010

7.45 AM – 5:30 PM

The *Muktananda Dhyana Saptah* is a one-day event focused on the practice of meditation. It includes meditating for extended periods of time, chanting the Siddha Yoga mantra, reflecting on teachings from Baba and Gurumayi on the Self, and the practice of silence.

The *Muktananda Dhyana Saptah* will be led by a Siddha Yoga meditation teacher.

PREREQUISITES:

- 3 months of Siddha Yoga practice
- 1 Siddha Yoga Shaktipat Intensive
- Ability to sit for meditation for multiple extended periods

REGISTRATION opens Saturday 27 March.

Please register early as numbers are limited to support a focused environment.

The Muktananda Dhyana Saptah will be offered again on Sunday 29 August 2010.

*subject to change, please check monthly calendar or www.siddhayoga.org.au

REGISTRATION FEES:

Adult - \$135

Yuva* - \$45 *Young Adult: 18 – 24 years of age

Amrit will be available during each pause, however, please provide your own vegetarian lunch for this Event. Convenient cafes and restaurants are available on Smith St.