

Siddha Yoga Ashram in Melbourne

Learning & Teaching Events

March 2010 Calendar

MUKTANANDA® Dhyana Saptah A SIDDHA MEDITATION® Event

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.

Saturday 24 April - 7.45am – 5.30pm

The registration fee for the Event is \$135 for adults and \$45 for young people 24 and under.

Registration is limited and closes on Sunday, 18 April at 10.30am. Please see the notice board or website for further details including important prerequisites.

Please note there will be no evening satsang on Saturday 24 April



Satsangs in March 2010 – **Please note the new start time for Saturday Satsangs is 7 pm.**

| <i>Day</i> | <i>Date</i> | <i>Time</i> | <i>Event</i> |
|------------|-------------|------------------|---------------------------|
| Thursday | 4 March | 7.30 – 9.00 pm | Satsang |
| Saturday | 6 March | 7.00 – 8.30 pm | Intergenerational Satsang |
| Saturday | 13 March | 7.00 - 8.30 pm | Satsang |
| Saturday | 20 March | 7.00 – 8.30 pm | Satsang |
| Sunday | 21 March | 10.30 – 11.45 am | Family Satsang |
| Saturday | 27 March | 7.00 – 8.30 pm | Satsang |

Shree Guru Gita will be chanted on Sunday 7, 14, 21 and 28 March at 8.00 am



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Times and events are subject to change. To confirm events, please call 9419-6299 or visit the website www.siddhayoga.org.au