

Events with Mukti: The stillness of meditation and the dynamic inquiry of satsang are a potent combination for realization. Accordingly, Mukti offers satsangs and meditations locally in the San Francisco Bay Area.

Satsangs

Mukti frequently opens satsang with a guided meditation and gives a talk, followed by questions and answers pointing directly to your true nature.

The contribution per satsang is \$10, paid at the door. Doors open 20 minutes prior to satsang for silent sitting. Chairs are provided.

► Santa Cruz, CA

Pacific Cultural Center Studio: 1307 Seabright Ave., Santa Cruz, CA 95062
Mondays, 7–9pm: Jan. 26, Apr. 6, Sep. 7

► Berkeley, CA

Hillside Club: 2286 Cedar St., Berkeley, CA 94709
Tuesdays, 7–9pm: Feb. 3, May 5, Nov. 3, Dec. 1

Monthly Meditations

Offered on a donation basis, meditations include two 40-minute silent sittings with a silent break between. Mukti will offer a guided meditation during the first sitting. You may attend one or both sittings.

► Los Gatos, CA ~ New Location

St. Luke's Episcopal Church: 20 University Ave., Los Gatos, CA 95030
Tuesdays: Jan. 20, Feb. 17, Mar. 10, Apr. 7, May 12, Jun. 16, Sep. 8, Oct. 13, Nov. 10

Times: First Sitting: 7–7:45pm / Second Sitting: 8–8:45pm

Arrive early. No entry after the start of each period. Some chairs will be provided. Bring your own floor seating. Sorry, no lying down or standing meditation allowed.



Mukti, whose name is translated as “liberation,” is a teacher in the lineage of Adyashanti, her husband. Prior to 1996, when she began studying the nondual, Zen-flavored teachings of Adyashanti, Mukti studied the teachings of Paramahansa Yogananda for over 20 years. In her own teachings, Mukti points audiences back to their natural state of wholeness or undivided consciousness. Licensed in acupuncture and certified to teach hatha yoga, Mukti has a love of the whole, in form as well as the formless.

Silent Retreat Days

At any time, one can turn attention and tend to the longing or resolve of their innermost being. However, some find amidst life's busyness and challenges that without support this is not easy, nor is it always possible to get away for a longer silent retreat.

Mukti brings the flavor of extended silent retreats to a daylong format, in which participants can come together in silence with the common intention to discover who and what they truly are. The daylong format includes 3 short satsangs, interspersed with periods of meditation. Outside of satsang, the day will be one of shared silence.



► Marin Silent Retreat Day

Date: Saturday, March 14, 2015
Time: 9:30am–5pm

Community Church of Mill Valley
8 Olive St., Mill Valley, CA 94941

► Palo Alto Silent Retreat Day

Date: Saturday, June 20, 2015
Time: 10am–5:30pm

St. Mark's Episcopal Church ~ Chapel
600 Colorado Ave., Palo Alto, CA 94306

Registration

- **Preregistration closes 1 week prior to each event.**
- **\$60** preregistered online at www.muktisource.org
- **\$75** at the door on the day of the event, space permitting. Please arrive early. Sorry, no credit cards.



Spirit of the Season Meditation Day

Saturday, December 12, 2015
10am–4pm

St. Mark's Episcopal Church ~ Chapel
600 Colorado Ave., Palo Alto, CA 94306