



San Francisco Bay Area Local Events 2016

Events with Mukti: The stillness of meditation and the power of contemplative inquiry create a fertile ground from which realization flowers. Accordingly, Mukti offers meetings and meditations locally in the San Francisco Bay Area.

Meeting with Mukti

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

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

► Santa Cruz, CA

Pacific Cultural Center Studio: 1307 Seabright Ave., Santa Cruz

Mondays, 7–9pm: January 25, March 7, October 3

► Berkeley, CA

Hillside Club: 2286 Cedar St., Berkeley

Tuesdays, 7–9pm: February 9, September 6, November 22

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

St. Luke's Episcopal Church: 20 University Ave., Los Gatos

Tuesdays: January 12, February 2, March 8, September 13, October 4
November 15

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 talks/dialogue sessions, interspersed with periods of meditation. Outside of talks and dialogues, the day will be one of shared silence.



► Grass Valley Silent Retreat Day

Date: Saturday, January 30, 2016

Time: 9:30am–5pm

Cost: \$75 preregistered / \$85 at the door

Unity in the Gold Country ~ Sanctuary

180 Cambridge Court, Grass Valley

► Marin Silent Retreat Day

Date: Saturday, February 6, 2016

Time: 9:30am–5pm

Cost: \$60 preregistered / \$75 at the door

Community Church of Mill Valley

8 Olive St., Mill Valley

Registration

- Preregistration closes 1 week prior to each event.
- Preregister online at www.muktisource.org, or register at the door on the day of the event, space permitting (cash or checks only).
- Please arrive early.



Spirit of the Season Meditation Day

Saturday, December 3, 2016

10am–4pm

St. Mark's Episcopal Church ~ Chapel

600 Colorado Ave., Palo Alto