

MUKTANANDA® Dhyana Saptah
A SIDDHA MEDITATION® Event

Siddha Yoga Meditation Centre in Toronto
Sunday, March 31st 2019
9:00 AM to 6:00 PM

**Muktananda Dhyana Saptah:
A Siddha Meditation Event**

The *Muktananda Dhyana Saptah* is a one-day event designed for Siddha Yoga students who have established a regular meditation practice and can meditate for extended periods of time. It is a rare opportunity to spend a day in silence, focused fully on the practice of meditation.

The day includes a succession of extended meditations, reflecting on teachings from Gurumayi Chidvilasananda and Baba Muktananda, chanting the Siddha Yoga mantra, and the practice of silence.

Prerequisite

- 1 Siddha Yoga Shaktipat Intensive

To register

- Meet the prerequisite
- Email torontoevents@siddhayoga.ca

Registration Fees

- Adults: \$180
- Yuvas (18–24 years of age): \$60