

Mantra Music Marathon & Yoga Retreat



Muktidham Meditation Center, Sumneytown, PA

Take a day to get centered and bring your energy and consciousness to a higher level through Yoga, music and meditation. Come and partake in a mantra immersion experience: Inspire your mind, energize your body and enliven your spirit. Give voice to your highest aspirations while receiving instruction and motivation from some of the East Coast's finest teachers, musicians, and Yoga instructors including Professor Hari Zandler from Philadelphia University, Dharmendra Ray Adkins formerly of the Manatees, Doc Strong, Sam Rossito, and RamaBala from David Newman's studio.

First Session: 11 AM - 1:30 PM ~ Blissful mantra immersion and Yoga instruction

Lunch: 1:30 - 2:30 ~University cafeteria is available for lunch

Second Session: 2:30 - 5:30 PM ~ inspirational concert and multimedia slide show presentation

Donations accepted to help save and support historic **Muktidham Meditation Center** in Sumneytown, PA.
Suggested donation: \$25 per session ~ **Cash or checks payable to KYI at the event. No credit cards.**

~ Event is free for all PU students and staff ~

Event Date: Sunday, May 2, 2010
Event Location: Philadelphia University
Gallagher Center- Harris Gymnasium
4201 Henry Avenue, Philadelphia PA 19444
(School House Lane and Henry Avenue)

To reserve your space contact Liz Wanner: lizwanner11@comcast.net
For details about the event contact Hari Zandler at 610-642-5621

<http://www.KYI-events.info>

