



## 2018 San Francisco Bay Area



## Local Events

### Meeting with Mukti

Mukti frequently opens meetings with a guided meditation and then gives a talk, followed by questions and answers pointing directly to your true nature. Doors open 20 minutes early for silent sitting. Chairs are provided.

#### ► Santa Cruz, CA

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

**Tuesdays, 7–9pm:** January 23, May 8, July 31, November 27

**Contribution:** \$15



### Silent Retreats with Mukti

Retreats with Mukti offer intimate venues with fewer participants. In her own teaching, Mukti brings flavors of feminine nurturing and quiet power as well as kinesthetic, visual, and precise pointers to Truth.

These retreats offer an opportunity to share a common intention to discover the truth of what is. To support this intention, all retreats are held in deep silence, except for the time together in sessions with Mukti. In addition to the group sessions, the daily schedule includes several periods of meditation and a period of easy qi gong movement. The sessions and meditations are suited to penetrating heartfelt questions and, along with shared intention, create a synergistic combination for Self remembrance.

**Mukti's retreats are registered on a first-come, first-served basis.**

#### ► 2-Night Retreat in Watsonville, CA

March 2–4 at Mount Madonna

Event Fee: \$315 Housing: \$120–\$365\*

#### ► 6-Night Retreat in Boulder Creek, CA

May 26–June 1 at Vajrapani

Event Fee: \$540 Housing: \$435–\$1035\*

*\*Housing costs are estimated at the time of this printing and are subject to change.*

### Silent Retreat Days

The stillness of meditation and the power of contemplative inquiry create a fertile ground from which realization flowers. 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.

#### ► Berkeley Silent Retreat Day

**Date:** Saturday, May 12, 2018

**Time:** 9:30am–5pm

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

**International House at UC Berkeley ~ Golub Home Room:** 2299 Piedmont Avenue, Berkeley, CA 84720

#### ► Palo Alto Silent Retreat Day

**Date:** Saturday, September 22, 2018

**Time:** 9:30am–5pm

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

**St. Mark's Episcopal Church ~ Chapel:** 600 Colorado Ave., Palo Alto

### Registration

- **Preregistration closes 1 week prior to each event.**
- Preregister online at [muktisource.org](http://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 8, 2018**

10am–4pm

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

This event is offered on a donation basis.

