



2019 San Francisco Bay Area

MUKTI Local Programs

Meetings 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.

▮ Sebastopol, CA

Sebastopol Community Center: 425 Morris St., Sebastopol

Saturday, 4:00–6:00 pm: January 26

Contribution: \$20

▮ Berkeley, CA

Berkeley Open Circle, Chochmat Halev: 2215 Prince St., Berkeley

Sunday, 7:00–9:00 pm: January 27

Contribution: \$15

▮ Santa Cruz, CA

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

Tuesdays, 7:00–9:00 pm: January 29, April 23, September 17, November 12

Contribution: \$15

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.

▮ Santa Cruz Silent Retreat Day

Date: Saturday, February 23, 2019

Time: 9:30 am–5:00 pm

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

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

▮ Mill Valley Silent Retreat Day

Date: Saturday, March 2, 2019

Time: 9:30 am–5:00 pm

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

Community Church of Mill Valley Sanctuary: 8 Olive St., Mill Valley

▮ Palo Alto Silent Retreat Day

Date: Saturday, April 27, 2019

Time: 9:30 am–5:00 pm

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

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

▮ Berkeley Silent Retreat Day

Date: Saturday, October 5, 2019

Time: 9:30 am–5:00 pm

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

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

Registration

- Preregistration closes 1 week prior to each event.
- Preregister online at 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 7, 2019

10:00 am–4:00 pm

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

This event is offered on a donation basis.

