



2020 Retreats & Online Course

Silent Residential Retreats

Retreats with Mukti offer much the same structure and teaching principles as those with Adyashanti, while also offering 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.

Details & Registration at MuktiSource.org/programs/retreats-experience



Online Course

4-Week Online Course with Mukti

October 2020

Mukti's 4-week online courses offer both a deep exploration of an engaging theme on spiritual awakening as well as guided practice to embody the teachings in everyday life.

This course includes live online broadcasts, written Q&A, weekly exercises, downloadable materials, and more.



Silent Retreats in 2019

► 2-Night Retreat in Mill Valley, CA

November 1–3 at Ralston White

Program Fee: \$250 Housing: \$285–\$355*

Silent Retreats in 2020

► 6-Night Retreat in Boulder Creek, CA

February 16–22 at Vajrapani

Program Fee: \$600 Housing: \$650–\$1,110*

► 5-Night Retreat in Maple Ridge, BC

March 29 – April 3 at Loon Lake

Program Fee: \$500 Housing: \$685–\$890*

► 5-Night Retreat in Garrison, NY

May 3–8 at Garrison Institute

Program Fee: \$500 Housing: \$625–\$850*

► 6-Night Retreat in Tazewell, TN

September 19–25 at Well Being

Program Fee: \$600 Housing: \$360–\$930*

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

Dates & Registration

Live Broadcasts: October 7, 14, 21, 28

Price: \$175 (Scholarships available)

Registration: Opens September 2020. Details will be posted on Muktisource.org under Online Programs in September 2020.