

Experience the Purifying & Exhilarating Power of Mantra

MANTRA SADHANA RETREAT

(2012) with Swami Bodhananda Saraswati



SATURDAY, JUNE 2ND

GANESHA GAYATRI MANTRA

For Removing Hurdles on the Path

1008 Repetitions

SESSION 1 - 9:00 AM TO 11:00 AM



SATURDAY, JUNE 2ND

DHANVANTARI MANTRA

For Drawing Spiritual Energy for Health

1008 Repetitions

SESSION 2 - 12:30 PM TO 3:30 PM



SATURDAY, JUNE 2ND

YOUTH GAYATRI MANTRA JAPA YADNYA

For Intellectual Development and Success in Studies

108 Repetitions

SESSION 4 - 4:00 PM TO 6:00 PM



SUNDAY, JUNE 3RD

SHODASHAKSHARI MANTRA

For Purification and Awakening the Shakti

1008 Repetitions

SESSION 3 - 9:00 AM TO NOON

SATURDAY: Ganesh Mantra, Yoga Nidra, Pot Luck or BYO Lunch, followed by Walking Meditation & Dhanvantari Mantra. **SUNDAY:** Yogini Mantra Chanting followed by Yoga Nidra, Pot Luck or BYO Lunch, and Closing Ceremonies. Chanting led and/or overseen by Swami Bodhananda Saraswati. Observance of Silence at all other times. **Come mentally prepared to sit for several hours each day.**

Veg. Potluck Both Days - Participants Requested to Bring Dishes for Shared Meals

Suggested Donation:

\$75 Saturday; \$51 Sunday

\$101 Both Days

Make Checks Payable To: The Sambodh Society, Inc.

FREE Instructional CD for each mantra with advance payment and your

RSVP by May 25th

Contact: Sambodh Office (269) 492-0544 or 327-3774

or email: sambodh@charter.net



Sambodh Center for Human Excellence

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A Learning Center for Meditation and Eastern Wisdom

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