



March 23–25, 2012 Friday–Sunday

Stilling the Mind: A Profound Course in Meditation

Mark Griffin

Discover the secrets that yogis have used across millennia to still the mind. Sitting with meditation master Mark Griffin makes your meditation process straightforward and easily attainable. Mark's approach is born of a lifetime of study, as well as his own profound experiences of Nirvikalpa Samadhi. His extraordinary understanding of spirit and the human bodymind provides you with tangible techniques that result in deep meditation and lead to the path of enlightenment.

This weekend delves into the five limbs of yoga that deal specifically with meditation:

- Pranayama: breathing techniques to rouse kundalini
- Dharana: exclusive concentration on one thing
- Dhyana: the encompassing awareness of meditation
- Pratyahara: the withdrawal of sensory input to the brain
- Samadhi: the direct perception of the highest truth.

The workshop will include explanations, demonstrations, practice, and a very rare and special initiation; the blessing of shaktipat—the doorway to enlightenment. Return home able to generate a powerful experience of meditation on your own, with your initiation hastening you on your own path.

Note Please eat lightly before opening night.

This program is eligible for CE Credits



Mark Griffin is the founder of the Hardlight School of Awakening and the author of six books, including one of only three English translations of the Guru Gita. Featured on GuruRadio, Mark established the Fire Mountain India Retreat Center and the Third Millennium Awakening Foundation, which builds water filters in India and influences sustainable cash crops by donating papaya and broomstick plants to Indian farmers. He lives in a high degree of awakening, a state called samadhi, and guides students beyond their human frailties to discover the depths of their true nature. www.hardlight.org



exploring the yoga of life.

Take time away to do what you love. Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here... Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.

Kripalu is 3 hours north of New York City.

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