

Imagine September 19th to 22nd in the Blue Ridge Mountains

THE ART OF FALLING BACK UPON ONESELF

Unraveling the Ego-Mind

3 DAY MINDFULNESS/MEDITATION RETREAT

WITH AUTHOR/TEACHER, KEN REED



Kenji on the Holy Ganges, Rishikesh November 2018

"It was great experience with you at Tapovan, those days were life-changing for me...Raj Osho

"...May you be inscribed and sealed in the book of good and inspiring life, always with my love..." Samuel Avital

"Thank you for an awesome night of mindfulness." Katie

"We live on the margins of our power, we are very conscious these days of body and appearances, but relatively little attention is paid the other parts of our make up", asserts author Ken Reed. "Lies we tell ourselves leak off our power capital to the point we never store enough synchronized personal power of body, mind and spirit to realize our full potential as humans."

"To observe the lies we live, then, is the practice of the yoga of lies."

Ken Reed is a Mindfulness, Meditation Teacher and Author of four books. He is Director of Wisdom Garden Institute, which has been disseminating spiritual books, educational outreach programs in remote villages and hosting worldwide events since 1975. His training includes meditation as a monk in India, and 40 years of personal instruction from widely known yoga, Buddhist teachers. He conducted weekly Meditations in Los Angeles on Siddha Yoga for 3 years.

*Inviting all who would go forward in Heart Centered Living
A 3 day immersive experience in the Blue Ridge Mountains that is sure to renew*

This retreat is designed for those practitioners and teachers who want to immerse themselves in the deeper yoga of Heart Centered, Compassionate living by gaining insight to our ego-mind complex and to reduce the abstraction of dogma and symbols into everyday living and working. Kenji will spend a one-on-one session with all attendees to discuss both personal challenges and to gain deeper dimensions in your practice and living an authentic joyful life. Reading his books is a good preparation for this retreat.



SEPTEMBER 19TH TO 22ND 2019

The Art of Living Center, Boone, NC.

To learn more and register:

<http://www.wisdomgardeninstitute.org/programsandclasses.html>

