

Experience the Healing Power of Mantra

Mantra Sadhana Retreat

with Swami Bodhananda Saraswati



SATURDAY, NOVEMBER 1

GANESHA GAYATRI MANTRA

For Removing Hurdles on the Path

1008 Repetitions

Session 1– 9:00am to 1:00pm

Session 2– 2:00 to 5:00pm



SUNDAY, NOVEMBER 2

DHANVANTARI MANTRA

For Drawing Spiritual Energy for Health

1008 Repetitions

Sunday Morning

Session 1 – 9:00am to 1:00pm



SUNDAY, NOVEMBER 2

SHODASHAKSHARI MANTRA

For Purification and Awakening the Shakti

1008 Repetitions

Sunday Afternoon

Session 2 – 2:00 to 5:00pm

Each day of this intensive sadhana begins with an explanation of the mantra and a series of pujas and mudras to assist in the invocation. All chanting will be in call-response format and will be led or overseen by Swami Bodhananda. Silence will otherwise be observed in the ashram during these three days. *A simple Indian lunch will be provided.*

Come mentally prepared to sit for several hours each day.

Cost: \$51 one day
\$101 two days

Make Checks Payable To:
The Sambodh Society, Inc.

Instructional CD for each mantra free with

RSVP by October 24

Contact: Ruth or Richard Harring (269) 327-3774

Or email: SambodhSociety@Sambodh.com



Sambodh Center for Human Excellence

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A Teaching Center for Meditation and Eastern Wisdom

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