

Do not miss this remarkable
event with the
illuminated spiritual teacher,

MOTHER MAYA

(SWAMI MAYATITANANDA)



PHOTO BY CHARLES CORBIT

PROGRAM DESCRIPTION

Friday, May 22nd, 2009

7:00 – 9:00pm

Fee: \$25.00

Introduction & Satsanga with Mother Maya

In this close-up and personal event with Mother Maya, you will learn the following mind-cleansing, health-generating practices:



AHIMSA FOOD MANDALA

- Cultivating the Mind of Harmony
- Daily Ahimsa Contemplation in your thoughts, speech and action
- Developing Ahimsa Awareness in your food
- Practicing Ahimsa Meditation
- Resolving Negative Karmas along with hurt, and despair
- Taking the Vow of Ahimsa

Friday, May 22nd –Saturday, May 23rd, 2009

LIVING AHIMSA—THE POWER OF PEACE A WEEKEND RETREAT WITH MOTHER MAYA

At East West Living

Location: West Gallery
78 Fifth Avenue (14th Street)
New York, New York 10011

For Program Registration:

Phone: 212-243-5995

Fax: 212-243-7591

<http://www.eastwestnyc.com/events.html>

Saturday, May 23rd, 2009 (9:30am–4:30pm)

LIVING AHIMSA WORKSHOP

In this highly participatory program—*Living Ahimsa—the Power of Peace*, you will learn four essential Vedic practices to invoke your Living Ahimsa and make the investing in personal harmony by rejecting violence and accessing the grace of your ancestral traditions. In so doing, you transform negative karmas and heal completely. Each one of us has the power to shift global consciousness into the mind of peace.

Fee: \$95.00

On Mother Maya

Mother Maya, (formerly, Maya Tiwari) is an extraordinary spiritual leader and world-renowned author who has transformed hundreds of thousands of lives with her healing presence. Mother Maya is a pre-eminent speaker at the Parliament of World Religions to occur in Melbourne, Australia, December 2009.