

THE SIDDHA YOGA® SHAKTIPAT INTENSIVE® 2018  
IN HONOR OF BABA MUKTANANDA'S MAHASAMADHI

## *Who Am I?*

---

### WHAT TO BRING

The following items will support your participation in the Siddha Yoga practices during the Shaktipat Intensive:

- Journal and pen
- Meditation *asana*
- Shawl
- Support for sitting, such as a cushion or blanket
- Small bottle of water

Some of these items are available for purchase in the Siddha Yoga Bookstore on the bookstore website at [www.siddhayogabookstore.org](http://www.siddhayogabookstore.org) and in Siddha Yoga Ashrams and meditation centers.

### HOW TO DRESS

Please dress well, in modest clothing that shows respect for the sacred atmosphere of the Shaktipat Intensive and supports you in sitting comfortably for extended periods.