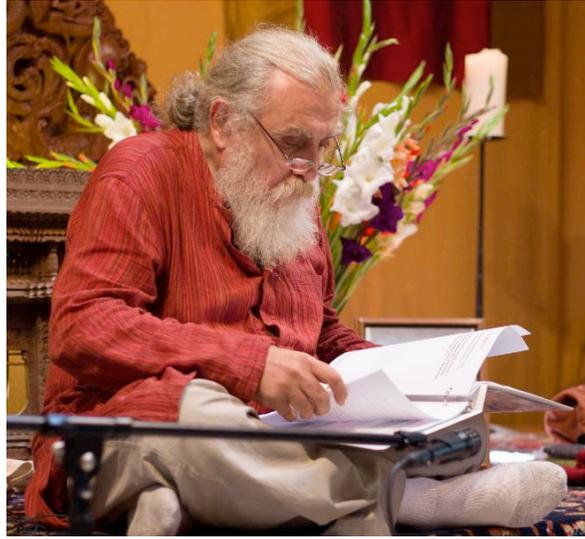


# LIGHT on the TANTRAS Meditations of the Vijnaanabhairava

with Mark Dyczkowski  
August 6-10, 2014



## Five-Day Class and Weekend Seminar

The *Vijnaanabhairava* is a scripture that is entirely devoted to meditation. It teaches meditation practices based on the breath and subtle body. *Vijnaanabhairava* is a condensed teaching regarding the ways in which meditation can arise, even in intensely emotive states. In peace and plenitude, the Supreme Goddess is revealed. We transcend duality, to enter the Heart of the Absolute. *Vijnaanabhairava* reminds us of Buddhist Mahaamudraa, Bon Dzogchen and Kaula Kaalii Krama, which also teach empowered meditative practice.

## Music and Mantra Program

Mark will offer a Sitar concert on the evenings of August **6th** and **10th**. The evenings of August **7th-9th**, Mark will lead us in singing and chanting verses from the *Vijnaanabhairava*.

Studying with a world-renowned scholar, we will learn from original Sanskrit sources. Mark will lead us in meditation, discussion, and chanting of Mantra. Class open to new and experienced students of meditation.

Mark Dyczkowski has lived in India for 45 years, studying music, Sanskrit, Indian philosophy and scripture. He has written many books on Kashmiri Shaivism over the last 25 years. He is currently preparing an English translation of the Tantraaloka. He has taught and performed widely in India, Europe and the United States.

### location:

Shiva Mandir, 1391 S. Pennsylvania St., Denver, CO, 80210

### program schedule:

9-12 - class    12-2 - lunch    2-4:30 - class    4:30-6 - tea    6-7:30 music and chanting

### cost:

**\$525** for the 5-day program - or - **\$275** for the weekend, including Friday music - or - **\$100** for 5 evenings of music - or - **\$25** per evening of music. The music program is included in the cost of course attendance.

### with questions:

please contact Reid Bruggemann at: Reid525@gmail.com

### to register:

visit: [www.shivamandir.org/community-programs/](http://www.shivamandir.org/community-programs/)

teachers, teacher-trainees and students receive a discount of \$75 (5 days) or \$50 (weekend)  
work-study and scholarships also available; please inquire