



WELCOME!

This document contains links to various web pages at our web sites. If you are not able to click through from this PDF, copy and past the entire link into your web browser.

Where To Begin?

People often ask us, "What's the best way to get started?" The answer is that depends on what you want, and the pace at which you want to go.

The Yoga Science taught here

<https://www.nityanandashaktipatyoga.org/spiritual-path/> is embodied in Sadguru Kedarji's Ecology of Wellness, <https://www.nityanandashaktipatyoga.org/total-well-being/> and His 4 Pillars of Total Well-Being.

Spiritual Power
Improved Mental State
Emotional Resilience
Vibrant Health

If you want to dive into a proved curriculum of study that integrates all four into the perfect lifestyle for Peace, Love, Joy and Happiness beyond your expectations, we suggest you start here:

If you live *within* a 75-mile radius of our retreat center in Youngstown, Ohio

1. Attend one or several programs led by Sadguru Kedarji at our retreat center. <https://www.nityanandashaktipatyoga.org/be-with-sadguru-kedarji/> These events are scheduled twice monthly.
2. Attend a chanting night at our retreat center. <https://www.nityanandashaktipatyoga.org/be-with-sadguru-kedarji/>
3. Enroll in one of our weekend Shaktipat Meditation retreats <https://www.nityanandashaktipatyoga.org/weekend-shaktipat-meditation-retreats/> in which Sadguru Kedarji's Shaktipat Blessing is offered.

If you live *outside* of a 75-mile radius of our retreat center in Youngstown, Ohio

1. Study some of the videos and/or read some of the articles in our Blog. <https://www.nityanandashaktipatyoga.org/blog/>
2. Purchase one of Sadguru Kedarji's books. <http://www.publicationsbysadgurukedarji.org/books-by-sadguru-kedarji/> We suggest you begin with either *Vibration of Divine Consciousness*, *The Verses On Witness Consciousness* or *Our Ecology of Wellness*.
3. Attend one of our live, Nityananda Shaktipat Yoga introductory webinars. <https://www.nityanandashaktipatyoga.org/well-being-webinar-series/>
4. Enroll in one of our weekend Shaktipat Meditation retreats <https://www.nityanandashaktipatyoga.org/weekend-shaktipat-meditation-retreats/> in which Sadguru Kedarji's Shaktipat Blessing is offered.

The weekend Shaktipat Blessing retreats are the starting point for anyone interested in studying and experiencing the benefits of Sadguru Kedarji's unique approach to Yoga Science, embodied in Nityananda Shaktipat Yoga.

After attending one of these weekend retreats, you have many options for delving deeper into the examination and direct experience of what is offered here. These options include

- Monthly teleconference gatherings with people in our spiritual community who come together to support each other's growth.
- Ongoing mini courses.
- Advance courses.
- Twice-monthly webcasts.
- Regularly scheduled special events.
- Monthly, live webinars.
- Weeklong retreats.
- Healing-wellness-vibrant health programs offered through our collaboration with Soma Essential Healing & Wellness.

Feel free to contact us for more information!

Nileshwar Shaktipat Meditation, Wellness and Spiritual Retreat Center
 841 Boardman-Canfield Road, Suite 302
 Youngstown, Ohio 44512
 330-623-7388 Ext 10
info@nityanandashaktipatyoga.org