

Hanuman

Stories of the Monkey God and His Role in the Ramayana

with Arun Deva, DAsC

and special guest,

Anthony Benenati

Hanuman, who seems to be capturing the hearts and minds of yogis everywhere, is a larger than life Hero whose great Devotion to the Lord grants him immeasurable *siddhis* (supernatural powers) as well as great humility. From the moment he enters the Ramayana to meet Lord Rama disguised as a diminutive brahmin and inexorably drawn into the Lord's devotion, forgets all about his disguise and becomes his Devotee!... These stories and all the other pearls strung around his exploits in between will be revealed with joy during this storytelling workshop.

In true "upanishadic" style we will sit around and take in the lessons of his life to nourish our own souls on their journey towards joy, creativity and innocence that he, a half simian, half celestial exhibits.

We will also listen to the Hanuman Chaleesa and the Hanuman Puja, chanted by Anthony.

Saturday

May 23

12:30-3:30

\$30

1/3 of the proceeds will go
to feed the homeless in LA



Arun Deva has been a devotee of Lord Hanuman ever since the Ramayana was first read to him at the age of five. Arun is an Ayurvedic Practitioner (DAsC), an Ayur-Yoga Therapist & Certified Vinyasa Krama Teacher, a Yogin, a student of Dharma and a dedicated healer. Originally from India, he has made his home in Southern California for over 30 years now. His work can be found at www.yogarasayana.wordpress.com.



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