

The afternoon will start with a special guided meditation of going on a pilgrimage to the Himalayas to pursue one's spiritual quest. The film will then be shown and supplemented with time to learn and experience simple practices such as: awareness of the breath, the chakras (energy centers in the body) and exploration of the universal sound OM. These simple tools in combination with this rare film time with a real Himalayan Yogi will enable you to have a full and rich experience. Come back uplifted and refreshed from this mini "Himalayan" retreat journey

Perfect for those who have always wanted to explore the inner life; advanced practitioners or those seeking personal renewal.

Victor Demko is a holistic filmmaker who has extensive meditation training and leading experience and is the Founding Director of TheCenterForHealingArts.com. He graduated from the American Film Institute's Center for Advanced Film Studies where he studied with Robert Wise, Ron Howard and Sir David Puttnam. He studied and practiced meditation with Sufi Master Pir Vilayat Khan for 12 years and with the Dalai Lama amongst others. He also holds a degree in Economics from the University of Western Ontario and a 4 year degree in the inner yoga of Sufism from The Suluk Academy where Pir Zia Inayat Khan, Head of the Sufi Order International was the chief instructor.

Healing Art Films Directed and Edited by Victor include *Personal Time with Swami-ji*, 157mins *Personal Time with Devi Tide: The Practice of Healing and Awakening* 108 mins and *Listen With Your Heart: Sandra Ingerman on Shamanism Healing & Nature* 150 mins.

Pay in advance \$47.25
Pay at the door \$57.75
(prices include G.S.T)

Space is limited so please register Early.

Whitchurch-Stouffville Public Library
30 Burkholder Street
Stouffville, Ontario L4A 4K1

Tel: 905-642-READ (7323)

**A Summer Afternoon
Pilgrimage to the
Himalayas.**

**A Film screening as a
spiritual journey with
Victor Demko**

**Thursday Aug 21 2008
12 noon - 4:45 pm.**

**Whitchurch-Stouffville Public
Library**

30 Burkholder Street
Stouffville, Ontario, Canada



Ever wonder what it would be like to sit with an authentic Himalayan Yoga Master at his modest hut high in the Himalayas at the source of the Sacred Ganges River?



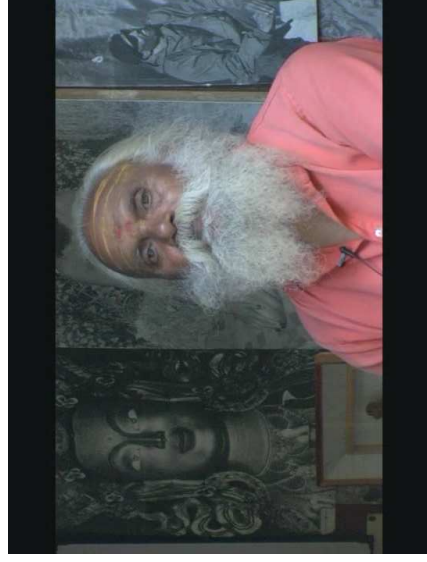
Let your problems take a back seat in your life for an afternoon as you take a meditation pilgrimage to the Himalayas.

Filmmaker and meditation instructor Victor Demko will use his recent Film “Personal Time with Swami-ji” (157 min. documentary art film, 2007) shot in the Indian Himalayas near the Indian Tibet border as the basis for this unique offering.

Personal Time with Swami-ji A film by Victor Demko 157 mins.

“Swami-ji” (Swami Sundaranand) took the brahmacharia sadu vow over 57 years ago and since then has lived in Gangotri near the source of the sacred Ganges River in the Himalayas. “*Personal Time with Swami-ji*” captures the inspiration of rare sittings with this enlightened soul who generously shares his deep wisdom and guidance with viewers and a special wellness blessing.

This is a chance to experience personal time with one of the last of the great Himalayan Yogis supplemented by instruction, practice and a guided meditation from filmmaker and meditation instructor Victor Demko.



Registration – A Summer Afternoon Pilgrimage to the Himalayas

Thursday August 21, 2008
12 Noon – 4:45 pm

Please fill in the form below and drop it off at the library or mail it to:

Witchurch-Stouffville Public Library
30 Burkholder Street, Stouffville, Ontario L4A 4K1

Name _____

Address _____

Telephone _____

Email _____

\$ Enclosed: _____ **\$47.25 in advance**

\$ Enclosed: _____ **\$57.75 at the door**
(prices include G.S.T)

Cash: _____ **Cheque:** _____

Date: _____

Make cheque out to the Witchurch-Stouffville Public Library

You may also register by phone:

Please call 905-642-READ (7323)
or toll free 1-888-603-4292

To Register Now.