

Sacred Retreat

Kathmandu Monastery

August 22nd to 31st, 2018

Prepare Your Self ...

“Superconscious Meditation: Mastering the Outer Self” A Sacred Journaling Retreat

Shri Raam Institute of Meditation offers you an amazing ten day Superconscious Meditation retreat in the sacred Himalayas! Through a perfect blending of ancient, proven raja yoga practices and the therapeutic transformation of guided sacred journalling, you will be renewed in body, breath, mind, and soul!

The Superconscious state of being is Pure Consciousness itself! Such a state is certainly challenging to experience, but it is your true nature! The key to opening the door to the Superconscious is: preparation!



Each Day Will Include:

- Healing Yoga Posture Practices
- Transforming Breath Work
- Yoga Nidra
- Guided Contemplative Journalling
- Delicious Ayurvedic Vegetarian Meals
- Authentic Meditation Instruction
- Meditation Practice

Date: August 22nd to August 31st, 2018
Location: The Neydo Monastery, Kathmandu, Nepal
Retreat Cost: USD 2,250 Shared Accommodation
USD 2,450 Single Accommodation
Registration: info@shriraaminstitute.org
Leader: Pandit Tejomaya, Bhola Shanker Dabral

To Register: info@shriraaminstitute.org

