

"Direct experience is by far the finest means to attain knowledge in any dimension of life. One should learn through direct experience, that that alone is valid." – Swami Rama

Teacher Training Program in *Superconscious Meditation*™

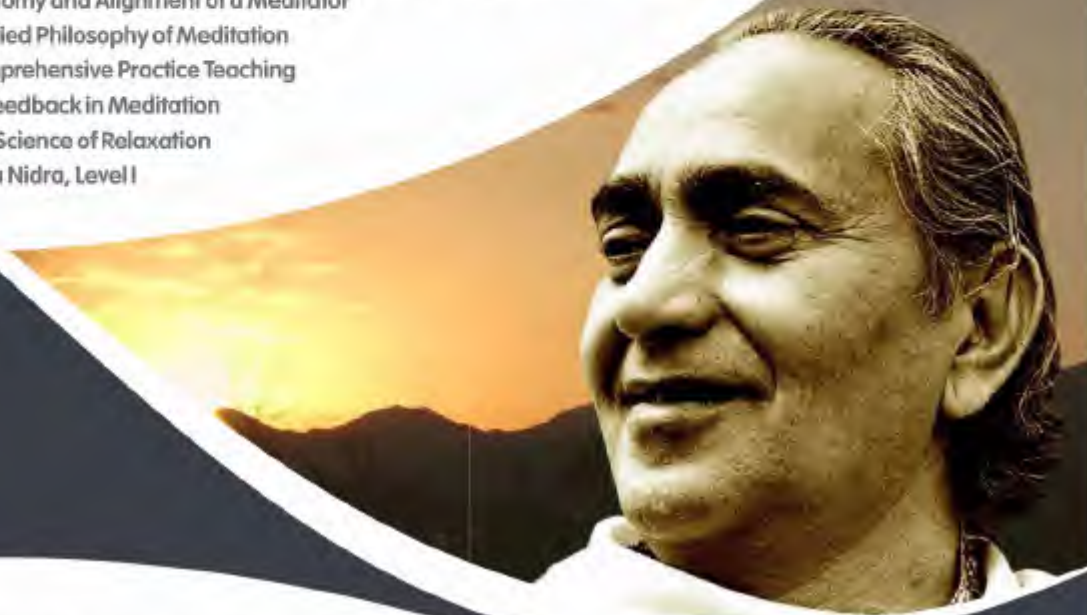
Level I Program - "Mastering the Outer Self"

- Spirituality of Food
- Preparing the Field of Meditation: Traditional Practices for Body, Breath and Mind
- Mantra Initiation in the 5,000 Year Old Himalayan Yoga Tradition
- Anatomy and Alignment of a Meditator
- Applied Philosophy of Meditation
- Comprehensive Practice Teaching
- Biofeedback in Meditation
- The Science of Relaxation
- Yoga Nidra, Level I

**February
8 to 28, 2019**

Swami Rama Ashram,
Sadhana Mandir
Rishikesh India

**Space is Limited
Register Today**



Shri Raam Institute of Meditation's Teacher Training Program, in the tradition of the Himalayan Masters, is a transformational program for creating skilled meditators who are rigorously trained and qualified to teach the ancient spiritual practice known as Superconscious Meditation which brings the individual into union with the highest state of consciousness, far beyond the waking, dreaming and sleeping states.

In order to authentically teach meditation, one must be a skilled meditator. In order to be a skilled meditator, one must infuse one's life with the qualities and practices that support spiritual living! Our 24 day residential programs offer a combination of purifying practices, based on the ancient, systematic, and proven methods of the Himalayan Masters, coupled with modern training and teaching techniques, including biofeedback and video analysis, all in a comfortable, joyous, supportive environment of like minded seekers!



About the Instructors



Pandit Dabral PhD

Pandit Dabral was born near Dehradun, India, in a family of Sanskrit scholars. He holds a doctorate in Yoga Philosophy and Sanskrit from Varanasi, India. Panditji has been studying and living a food sadhana based life more than 40 years.



Pandit Tejomaya, MS

Pandit Tejomaya lives a life of sadhana off the coast of Pacific Canada in the Salish Sea. Tejomaya has more than 20 years experience in intensive yoga practices including therapeutic asana and pranayama as well as the internal cleansing practices of hatha yoga and food sadhana. His research has been published in the International Association of Yoga Therapists

**Course Fee: USD 2,500 (USD) Shared Accommodation
(Single Supplement, +\$500)**

The Teacher Training Program Course Fee Includes:

- Shared Accommodation at Swami Rama's Ashram, Sadhana Mandir
- Delicious Vegetarian Meals
- All Course Reference Materials
- Transportation for Group Outings
- Round Trip Transportation from New Delhi to Rishikesh

Course Fee does Not Include: Airfare to New Delhi and return
Personal incidentals such as souvenirs

To Register

info@shriraaminstitute.org

For complete program content, please see our website: www.shriraaminstitute.org