

# TEN DAY SUPERCONSCIOUS MEDITATION RETREATS

Uttarakhand, India

## Valley of Flowers

June 20 to 29, 2019

### Prepare Your Self ...

#### “Superconscious Meditation: Mastering the Outer Self” A Contemplative Walk in Nature 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 journaling, 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
- Guided Contemplative Walking/Hiking
- Yoga Nidra
- Delicious Ayurvedic Vegetarian Meals
- Authentic Meditation Instruction
- Meditation Practice in Nature

**Date:** May 16 to 25, 2019  
**Location:** West Himalaya,  
Valley of Flowers, Uttarakhand, India,  
**Retreat Cost:** USD 2,150 Shared Accommodation  
USD 2,350 Single Accommodation  
**Registration:** [info@shriraaminstitute.org](mailto:info@shriraaminstitute.org)  
**Leader:** Pandit Tejomaya, Bhola Shanker Dabral

[ShriRaamInstitute.org](http://ShriRaamInstitute.org)

SHRI  
**RAAM**  
INSTITUTE

To Register  
[info@shriraaminstitute.org](mailto:info@shriraaminstitute.org)