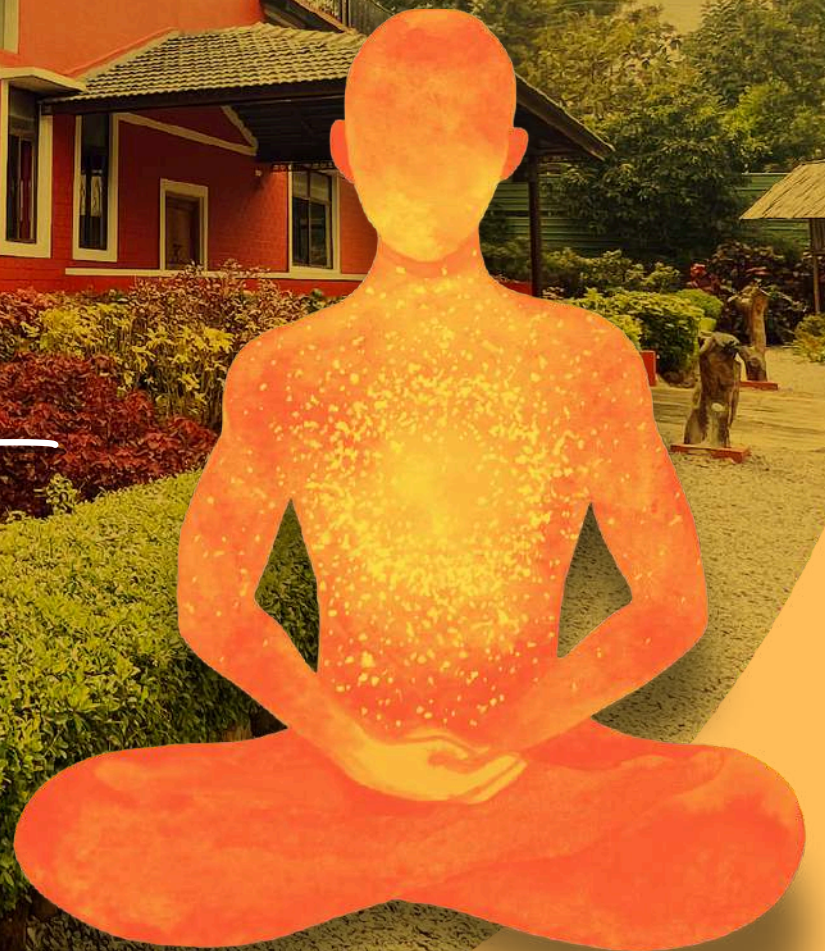


5 days 4 nights

12 ENERGY CENTRES RETREAT

AT SWAMI RAMA SADHANA DHAMA,
RAMANAGRA, BANGALORE

26 sept - 30 sept
2024





About?

KĀLĀGNI DHARANA

JUST AS FIRE DESTROYS & CONSUMES EVERYTHING IT COMES IN CONTACT WITH, SO ALSO TIME DESTROYS EVERYTHING THAT MANIFESTS KĀLĀGNI RUDRA IN TANTRIC PERSPECTIVE IS THE UNIVERSAL DESTRUCTIVE FIRE THAT DESTROYS ALL IMPURITIES, SINS & DISEASES. THIS SAME KĀLĀGNI IS PRESENT IN OUR BODY WHICH CAN BE USED AS A SPIRITUAL PRACTICE TO ATTAIN IMPROVED HEALTH, BETTER CONCENTRATION, MENTAL WELLNESS, CLARITY OF THINKING AND RECEPTIVITY IN EMOTIONS.

-GURUSAKALAMAA



But How?

THE 12 HIGHER CENTRES OF ENERGY

HOW TO MEDITATE ON THESE 12 ENERGY CENTRES IN OUR BODY TO ATTAIN SUPREME MENTAL TRANQUILITY AND EXPERIENCE THE KUNDALINI AWAKENING?

THERE ARE THREE PHASES:

- **GROSS PHASE**
- **SUBTLE PHASE**
- **SUPREME PHASE**

THIS TANTRIC YOGA SADHANA IS BASED ON THE PHILOSOPHY OF SRIVIDYA TANTRA SADHANA. A DHARANA AS TAUGHT IN THE VIJNANA BHAIKAV TANTRA SCRIPTURE.





What this retreat has for you



**SPECIAL PRACTICE OF
KĀLĀGNI DHARANA FROM
SRIVIDYA TANTRA SADHANA**

&

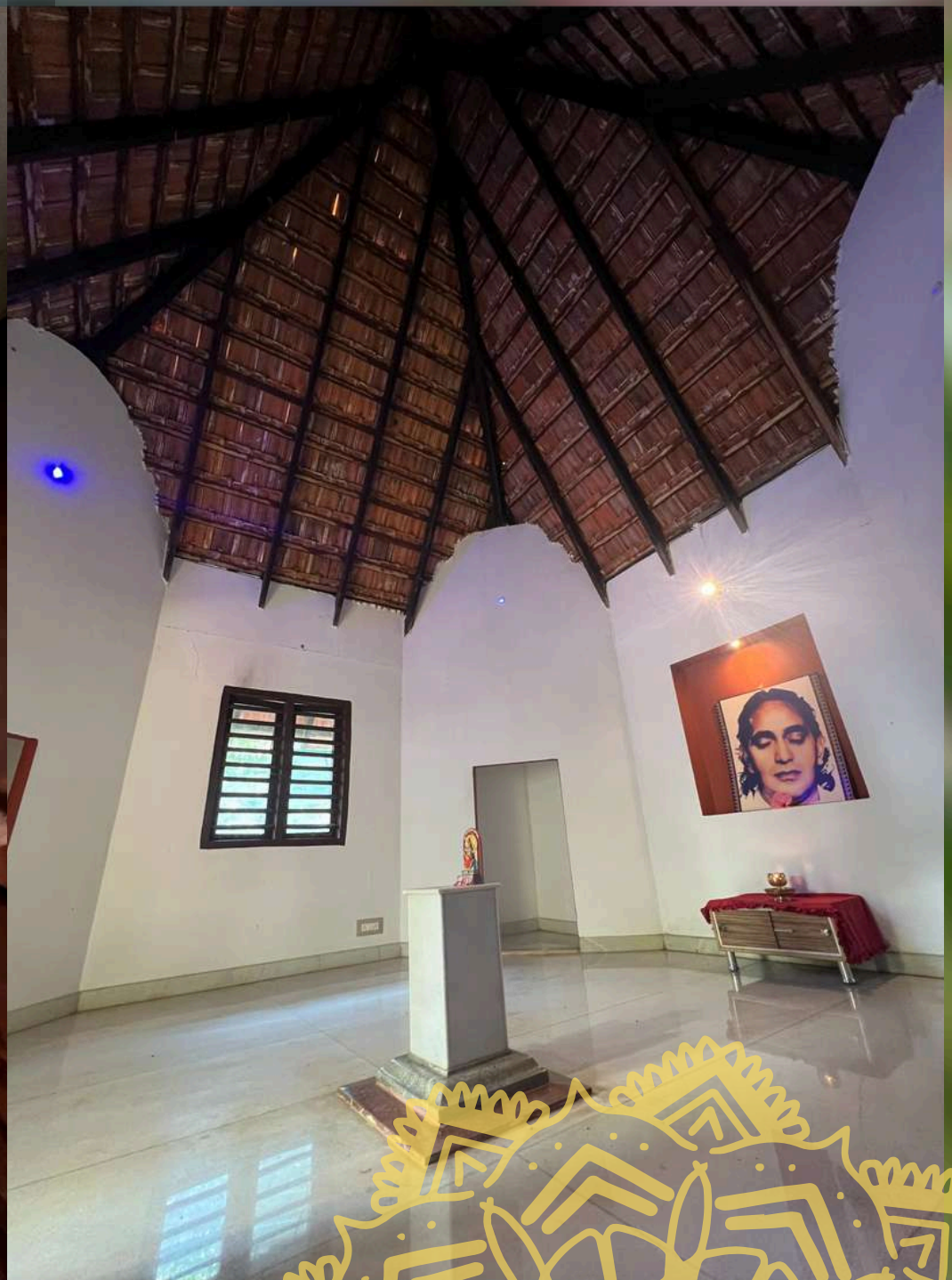
**INSIGHTFUL UNDERSTANDING
OF SRIVIDYA IN LECTURES BY
GURUSAKALAMAA**



MOUNTAIN MEDITATION AT RAMGIRI HILLS



CAVE CONNECTIVITY & PYRAMID MEDITATION



ART THERAPY SESSIONS
BY AN INTERNATIONAL
ARTIST - KARAN BAJWA
SHOWCASING HIS ART IN
20 + COUNTRIES



**MYSTIC MOON SALUTATION
SESSIONS BY INTERNATIONALLY
REPUTED YOGA EXPONENT -
GAURAVPREET SINGH BAJWA**

**THE VERY FIRST STUDENT TO
RECEIVE THE PRACTISE OF
MYSTIC MOON SALUTATION
FROM GURUSAKALAMAA**

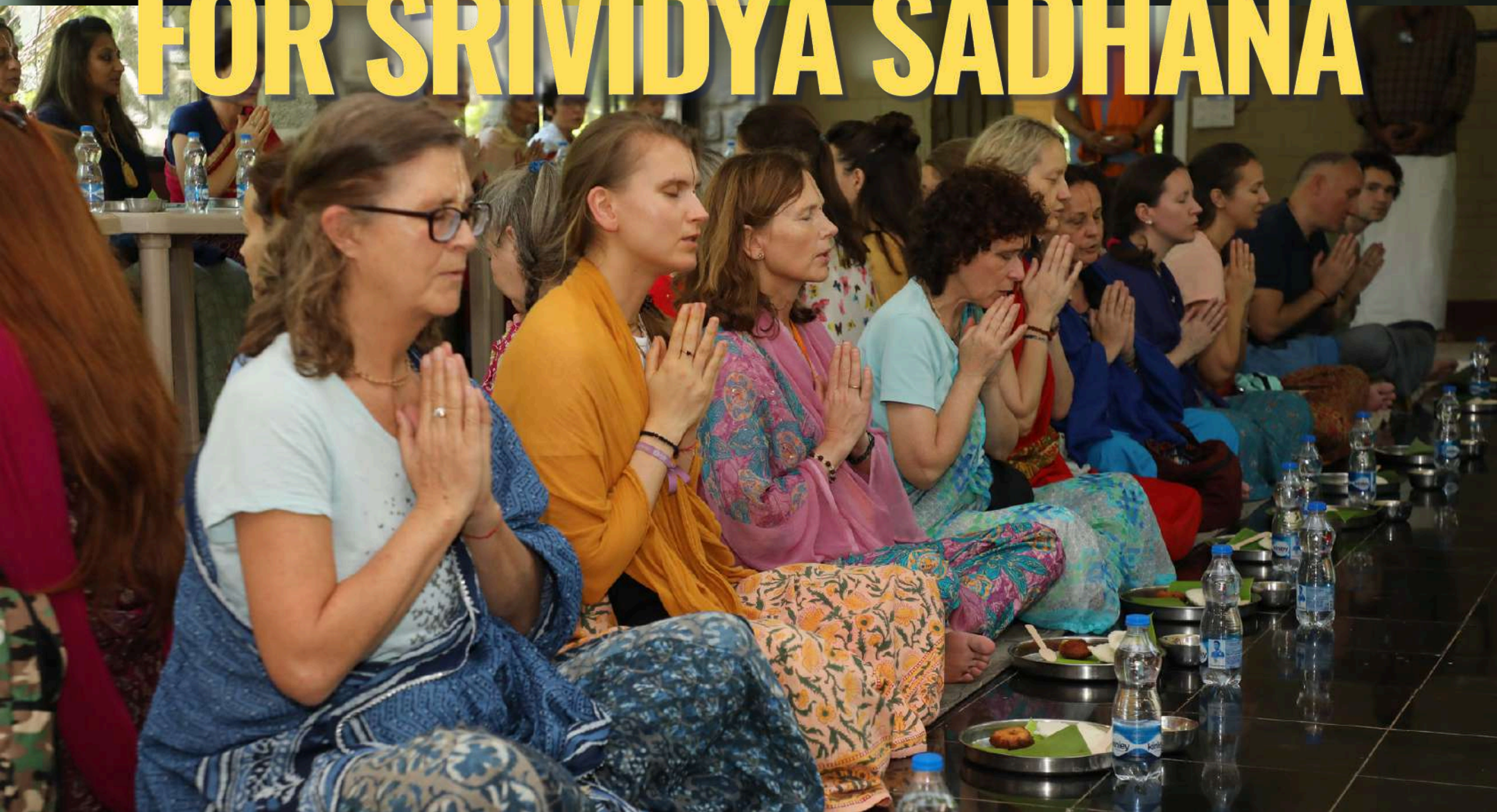


MOON MEDITATION UNDER OPEN SKY





SATVIK FOOD SUITABLE FOR SRIVIDYA SADHANA



VENUE-

A BEAUTIFUL 10 ACRE SPACE SITUATED IN RAMGIRI HILLS NEAR CHANNAPATNA KARNATAKA ABOUT ONE HOUR DRIVE FROM BANGALORE AND TWO HOURS DRIVE FROM AIRPORT. ONLY 500 MTR FROM MYSORE EXPRESSWAY

WE CAN ARRANGE TRANSPORT FROM AIRPORT AND BACK (PRICE DEPENDING ON AVAILABILITY)





**ON FIRST 30
REGISTRATIONS GET**

10% OFF

