



Your SOUL CENTER™ PRESENTS

FOUNDATIONS OF YOGA MEDITATION RETREAT WITH RICHARD MILLER, PHD

June 25th -30th, 2017 AT THE OLD MISSION SAN LUIS REY RETREAT CENTER

This premier 5-day meditation retreat led by Richard C. Miller, developer of the iRest Meditation Program, focuses on the non-dual Yogic teachings of awakening to your essential nature.

On retreat Richard will guide you into the depths of your own self-exploration through simple yet elegant practices that includes discussion of underlying principles, self-inquiry, pranayama, hatha yoga, yoga nidra, and sitting and walking meditation practices.

YOUR RETREAT INCLUDES:

A 5 night stay at the beautiful San Luis Rey Retreat Center
3 healthy meals per day

A safe and spiritually inviting atmosphere to open your heart and know your soul
40hrs of immersive coursework with Richard Miller, PhD



Richard C. Miller is a clinical psychologist, author, researcher, yogic scholar and spiritual teacher. For over 40 years, Richard Miller has devoted his life and work to integrating the nondual wisdom teachings of Yoga, Tantra, Advaita, Taoism and Buddhism with Western psychology. Among his mentors were Jean Klein, T.K.V. Desikachar and Stephen Chang.



Your SOUL CENTER™
Re-Discover Your WellBeingness

TUITION: \$1225

Tuition includes shared
room and meals