

FOR IMMEDIATE RELEASE

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Meditation Retreats Offer a Chance to Connect with Spiritual Guide

~ *Renowned Spiritual Guide Bhashkar Perinchery Visits U.S. in October* ~

Chicago, IL (September 2010) – The Inner Metamorphosis University today announced its Special Events series which will feature internationally-renowned spiritual guide and author Bhashkar Perinchery in the United States. Mr. Perinchery is internationally recognized as a leader in inner journey work and has been leading seminars, training and lecturing in Universities and Symposiums all over the world for more than 25 years. During the October workshop series, he will guide attendees through meditative exercises and mini workshops designed to assist deep inner inquiry.

The popular series begins on Friday, October 1st, with a talk called *Change Arises from Within* Inner Metamorphosis University in Chicago. On Saturday, an all-day workshop focusing on meditation will follow at the Fine Arts Building in Downtown Chicago. On Sunday, October 3 the Guided Hiking Meditation will lead participants to one of the beautiful State Parks surrounding Chicago.

A full meditation retreat will take place the following week through the weekend (October 5 through 10) 100 miles from Chicago at Ronora Lodge and Retreat Center in Southwest Michigan. The Meditation Retreat, which guests can book either from Tuesday through Sunday or Friday through Sunday, will focus on meditative exercises in quietness as well as in activity, deep inner questioning and presence through breath awareness, and enriched by question and answer sessions with Mr. Perinchery.

“Our meditation workshops are a chance to let go of all the activities, concerns and worries of our life-situation and instead to deeply relax into just being,” says Amona Buechler, co-owner of the Inner Metamorphosis University. “Bhashkar’s work allows us to completely rest and look deeper within to gain a better understanding of ourselves. It’s a unique opportunity to work with one of the rare, insightful leaders in this method of meditation.”

Friday, October 1

Changes Arises from Within - Talk

The change that is enduring and worthwhile is based on the change within us.

with Mr. Perinchery, 7-9 p.m.,

Inner Metamorphosis University,

1418 W. Howard Street in Chicago’s Rogers Park neighborhood.

Saturday, October 2

Going Beyond Fear and Anxiety

With infinite gentleness and acceptance Bhashkar Perinchery offers his wisdom to those who attend. His presence is heart expanding, liberating and life changing and assists in our deep inner inquiry. The workshop will be concluded with time for questions and shared experiences.

with Mr. Perinchery, 10.00am to 6:30pm

Fine Arts Building, 410 South Michigan Ave # 310, Chicago, IL 60605

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Sunday, Oct 3

Hiking Meditation

Simply walking in nature and being present to the moment while feeling the ground, being in contact with the breath and listening to the sound of the wind can bring us in deep contact with our natural state of joy and harmony.

with Mr. Perinchery, all day, 6:00am to 8:00pm

meeting at Inner Metamorphosis University

1418 W. Howard Street in Chicago's Rogers Park neighborhood.

Oct 5 to 10 or weekend 8 to 10

Meditation Retreat in Michigan - The Challenge of Living Life in Joy

is attained by confronting and clearing the unconscious factors that are working in us.

Meditative exercises in quietness as well as activity, meditative walks in nature, question and answer with Bhashkar Perinchery. The Retreat will be held at Ronora Lodge and Retreat Center in Southwest Michigan.

For more information about the workshops or to reserve a spot, please visit www.Lifesurfing.org.

About Inner Metamorphosis University

The Inner Metamorphosis University Chicago (IMU) is a meditation center that offers an inspiring, encouraging and supportive framework for meditation and inner inquiry. It offers guests and attendees meditation classes and enlightening events. Workshops and retreats offered at the IMU include a variety of ancient and new practices using dance, expressions of the different emotions and feelings, awareness-oriented activities such as hiking meditation, breath awareness, and periods of silence. For more information about the IMU, please visit www.Lifesurfing.org or call 773-262-1468.

Note to Media: Bhashkar Perinchery is available to media interviews and media appearances. Please contact Amona Buechler at 773-262-1468 or via email at amona@lifesurfing.org
Hi-res jpg headshot image of Mr. Perinchery is available by request.