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Meditation Retreats Offer a Chance to Connect with Spiritual Guide

~ Renowned Spiritual Guide Bhashkar Perinchery Visits U.S. in June ~

Chicago, IL (April 16, 2009) – 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 June workshop series, he will guide attendees through meditative exercises and mini workshops designed to assist deep inner inquiry.

The popular series begins on Friday, June 19, with a mini workshop called *The Secret of Love* at Equilibrium Energy + Education Center in Chicago. On Saturday, an all-day workshop focusing on meditation will follow at Inner Metamorphosis University in Chicago, as well as an evening talk by Mr. Perinchery on the art of manifesting Change that is enduring and worthwhile.

A full meditation retreat will take place the following week through the weekend (June 23-28) 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, June 19th

The Secret of Love Mini Workshop in Chicago. Bhashkar Perinchery will guide attendees through an exercise which will immediately allow guests to connect to the quality of their heart, and experience the receptivity and well being which arise out of this inner energetic state. The workshop will be concluded with time for questions and shared experiences. 6:30-9:00 p.m., EQUILIBRIUM Energy + Education, 47 W. Polk (at T-intersection with Dearborn) in Chicago’s Printers Row neighborhood.

(more)

Saturday, June 20th

Meditation Workshop in Chicago The Potential for Deep Fulfillment is within you. Meditative exercises in quietness as well as activity, assisted deep inner questioning/introspection, presence through breath awareness, question and answer with Bhashkar Perinchery, 10 a.m. to 5 p.m.; and **Changes Arises from Within Talk** with Mr. Perinchery, 7-9 p.m., Inner Metamorphosis University, 1418 W. Howard Street in Chicago's Rogers Park neighborhood.

June 21-28 or June 26-28

Meditation Retreat in Michigan - *The Potential for Deep Fulfillment is Within you*, learn the way of realizing it. 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 Megy Karydes, public relations representative at 312-560-2715 or via email at Megy@KarydesConsulting.com to coordinate and schedule. Hi-res jpg headshot image of Mr. Perinchery is available by request.

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