

# A Special Event Featuring Internationally-Renowned Spiritual Guide and Author Bhashkar Perinchery

*“Change that is enduring and worthwhile is based on the change within us.”*

Internationally-renowned spiritual guide and author Bhashkar Perinchery has been teaching the art of inner growth for more than 25 years, giving counsel to individuals, leading workshops and seminars, and lecturing in universities and symposiums around the world. Fifteen years ago, he founded, and now leads, a meditation center in Germany, and his teachings formed the basis for classes and programs at the Inner Metamorphosis University (I.M.U.) in Rogers Park.

His practice embraces exercises that deepen attention and awareness, allowing one to let go of limiting beliefs, concepts and prejudices. With infinite gentleness and

acceptance, Bhashkar’s practices create the foundation for a peaceful, inner “rootedness” that can lead to experiences of deep fulfillment and vibrancy.

Visiting from overseas, Bhashkar Perinchery will lead a series of workshops and retreats this June in conjunction with I.M.U. in Rogers Park. The series kicks off Friday, June 19 with a mini workshop called *The Secret of Love* at Equilibrium Energy + Education Center in Chicago’s Printers Row neighborhood. On Saturday, an all-day workshop focusing on meditation, as well as an evening talk by Bhashkar on the art of manifesting change that is enduring and worthwhile, will be hosted at I.M.U.

A full meditation retreat will take place the following week (June 23-28) 100 miles

from Chicago at Ronora Lodge and Retreat Center in Southwest Michigan. The meditation retreat, which guests can book from Tuesday through Sunday or Friday through Sunday, teaches meditative exercises that can be practiced quietly or actively, and on walks in nature. Question and answer periods with time for sharing are scheduled as part of the workshop and retreat experience.

It is almost impossible to change your thought patterns, relationships, or life without creating some space for reflection and re-orientation. This special series is designed to do just that.

For questions or registration, please call 773-262-1468 or visit [www.Lifesurfing.org](http://www.Lifesurfing.org). Individual and small group meetings may be arranged.