



Light Side Meditation Knight

Course created to deepen and strengthen your
commitment to your practice
and the light side
of the Force.

The noble art of silent meditation is a powerful tool to unlock the highest potential of human life and there is no greater gift to give yourself than spending time in silence and deep reflection to open the doors to your life's purpose. In addition to 3 sessions of meditation daily, our Silent Meditation Retreats also features a gentle Hatha Yoga class in the morning that may include Yin Yoga as well as restorative postures, Yoga Nidra (Psychic Sleep) in the afternoon, as well as evening Dharma Talks.

When: 01 April – 30 April 2019

Level: Intermediate

Price: €4500

How to Apply

Please use this application form to enroll in any of the 50-hour modules or to apply to matriculate in the 300-hour advanced training program. For already matriculated students, or those who wish to take advantage of the late matriculation discount, there are options on the form to indicate your preference and history.