

k-dome

(dark room retreats)

Many spiritual traditions have used darkness techniques in the pursuit of enlightenment. In Europe, the dark room often appeared in underground form as a network of tunnels, in Egypt as the Pyramids, in Rome as the catacombs, in India and Tibet as caves, and now on Koh Phangan in the form of an **earthbag dome**. We are excited to announce that **3-day kaya kalpa** (dark room) retreats can now be booked.

THE PROCESS: Complete darkness profoundly changes the sensory sensibilities of the body and brain. Being deprived of all visual reference, major cortical centers in the brain are shut down, body and mind gravitate towards a new equilibrium, and the doors toward psychic and spiritual experiences are opened. The four glands located in the area of the head (pineal, hypothalamus, thalamus, and pituitary) are stimulated and, over time, psychedelic chemicals ("spirit molecules") accumulate in the brain. The experiences of each person will vary and depend on a large number of factors. At the same time, most people including beginners in yoga, will receive great benefits, which may include: profound relaxation, readjustment of the body's biological clock, harmonization of sleep patterns, rejuvenation and revitalization (cellular transformation), enhanced perception of subtle energies and astral lights, OOBES, prolonged lucid dreams, psychic perceptions of different forms, deep meditation, altered and transcendental states of consciousness.

Dietary advice for the darkroom experience (a list of tryptophan-rich foods - sufficient levels of tryptophan are especially important for the dark room experience) and further introductory information are available from julien@agamayoga.com. Regular self-practice and a basic foundation in meditation are recommended.

LOCATION: on our remote jungle hillside property in the hills above Sri Thanu, 5 minutes by motorbike from the new yoga halls (Agama Sri Thanu campus).

COST: 600 THB/day, 1'800 THB/3 day retreat.

CONTACT: call Julien 083 393 90 21 or Hubert 086 281 63 08 to book your space, or alternatively email julien@agamayoga.com.

