

Pathways to Clarity and Inner Peace

Meditation Retreat 'The Mind'

24-29 October 2026

Sri Lanka

Lead: Tonie Nooyens

Investment: US\$ 1500

Early Bird: US\$ 1250

includes vegetarian meals, shared room, retreat contribution

(Payment & Registration Before 31 July)

Contact: raymond.fiona@gmail.com

info4tnretreats@gmail.com

***By conquering your mind,
you can conquer the world.***

Guru Nanak, Japji, Pauri 28

Understanding the dynamics of creation and exploring how the mind creates our personality, elementary tendencies and behavioral patterns, we will engage in intensive meditation practice based on Kundalini Yoga teachings to manage our mind and transform locked-in attitudes habits and reactive patterns that hold us back from elevating ourselves to be conscious, authentic and true human beings.



**KRI L3 / Sri Lankan
participants: USD 1100**