



# CHINA

## Yunnan

2019 March 18-25

# Take Altitude!

## Level 2

# Mind & Meditation

8 days in high mountains

**Limited spots!**

### Goals:

- \* Explore the invisible map of the mind / consciousness.
- \* Learn to use the mind to conquer your reality: the mind as a tool to serve your destiny.
  - \* Dive into the realm of the mind and transcend your limited self.
- \* From your worst enemy, make your mind becoming your best friend.

[info@3aaa.asia](mailto:info@3aaa.asia) / [www.3aaa.asia](http://www.3aaa.asia)

AAA Ajai Alai Awakening

International Kundalini Yoga and Numerology School

### Teaching fees

Normal price: 1060 Euros

Early bird (before December 31 2018): 980 Euros

Group of 3: 900 Euros / pers.

Repeating: 530 Euros

Logistics costs: 480 Euros (7 nights / 8 days):

include food and lodging: nights 1-2 & 7 (shared double room), nights 3-4-5-6 (shared tent) and include the transfers from and to Lijiang airport.



### CONTENT

Immerse yourself in the meditative mind,  
Quality of the mind & lifestyle,  
Discover the tools to be still, intuitive, meditative and creative,  
The experience of Shunia,  
Explore the structure of the mind: the thinking process, the 27 projections and the 81 facets of the mind,  
Applied meditations,  
Introduction to the 9 aspects of the mind as 9 archetypes,  
Release subconscious blocks,  
Diet: sattvic diet for a refined mind.

