

AHAM Meditation Retreat & Training Center – USA

and

Arunachala Ramana AHAM Ashram – India 2026 Program Calendar



*****Program may be taken virtually or in-person, unless noted under program title*****

AHAM India Ashram

The AHAM Ashram in India may have trainings in Feb./March of 2026. Contact them directly (see below) for more information.

Programs by AHAM Meditation Retreat & Training Center, Asheboro, NC, USA:

March

6-8 Awaken to Awareness Retreat
(virtual)
27-29 Sat Sanga Weekend

April

11-19 Intensive Self-Inquiry Training

May

1-3 Awaken to Awareness Retreat
(in-person)
8-10 Sponsor Training*
27-31 Buddy Training Pt. 1

June

12-14 Conscious & Clear Living Pt. 1
26-28 Awaken to Awareness Retreat
(in-person, some virtual if needed)

July

11-19 Intensive Self-Inquiry Training

August

7-9 Conscious & Clear Living Pt. 2
16 AHAM 48th Anniversary
Celebration
28-30 Awaken to Awareness Retreat
(in-person)

September

12-20 Living Meditation Training*

October

Sept. 30-Oct. 4 Neutralizing Your Negative Past
17-25 Intensive Self-Inquiry Training

November

6-8 Awaken to Awareness Retreat
(virtual)
20-22 Buddy Training Pt. 2

December

11-13 Holiday Sat Sanga Weekend

AHAM India Programs (Tiruvannamalai, S. India)

February 14, 2026 -- Aradhana ceremony (A. Ramana's death anniversary)

For more information on offerings at AHAM India, email: ahamindia2001@gmail.com

For program information, call the AHAM Center USA: 336-381-3988 or email the AHAM Center USA: generalmail@aham.com

*For those taking **Advanced Graduate Curriculum** programs (shown **bolded** and with *), please contact AHAM USA at 336-381-3988 as early as possible to let us know if this date can work with your schedule. There are no pre-requisites for either the Awaken to Awareness Retreat or Intensive Self-Inquiry Training.