

# AHAM Meditation Retreat & Training Center – USA and Arunachala Ramana AHAM Ashram – India 2019 Program Calendar



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

**January and February**

(See section below for January/February programs at the AHAM Ashram in India.)

**August**

2-4  
9-11  
30-Sept. 1

Awaken to Awareness Retreat  
**Sponsor Training & Gathering\***  
Awaken to Awareness Retreat

**March**

1-3  
23-31  
Awaken to Awareness Retreat  
Intensive Self-Inquiry Training

**September**

13-15  
27-29

Sat Sanga Weekend  
**Conscious & Clear Living, Pt.1\***

**April**

5-7  
27-May 5  
Awaken to Awareness Retreat  
**Living Meditation Training\***

**October**

4-6  
16-20

Awaken to Awareness Retreat  
**Conscious Communication  
& Relationship\***

**May**

17-19  
31-June 2  
Sat Sanga Weekend  
Awaken to Awareness Retreat

**November**

1-3  
8-10  
16-24

Awaken to Awareness Retreat  
**Conscious & Clear Living, Pt.2\***  
Intensive Self-Inquiry Training

**June**

12-16  
Neutralizing Your Negative Past

**December**

6-8  
11-15  
31

Awaken to Awareness Retreat  
Neutralizing Your Negative Past  
New Year's Eve at AHAM

**July**

5-7  
20-28  
Awaken to Awareness Retreat  
Intensive Self-Inquiry Training

## AHAM India Programs

**December 31, 2018 through January 7, 2019** -- Intensive Self-Inquiry Training

**February 15, 2019** -- Aradhana ceremony (A. Ramana's death anniversary)

**February 18-25, 2019** -- Intensive Self-Inquiry Training (tentative dates)

For program information, call the AHAM Center USA: 336-381-3988, AHAM India: 011 91-4175-237383, or email the AHAM Center USA: [generalmail@aham.com](mailto:generalmail@aham.com) or AHAM India: [arunaham@vsnl.com](mailto:arunaham@vsnl.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.