

# Monthly Wisdom Training Intensives at Ohm:



- Deep Dive into a Subject
- Topics Include: World Religions, Esoterica, Energy, Vocal Coaching & more!!
- Each retreat is punctuated with Mantra, Meditation & Breathwork
- Part of the 200-Hr Meditation Teacher Training
- Sundays 10am-2pm, check dates & topics

**4-Hour Retreats: \$150**

(Or price is included in the 200-Hr Meditation Teacher Training)

...these classes are SO FUN that 4 hours goes by in a FLASH...!



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- April 27: Initiating & Maintaining a Spiritual Practice
- May 18: Egyptian Mysteries
- June: Essentials of Hinduism
- July 20: Astrology Primer
- Aug: Basics of Buddhism
- Sep: Kundalini Yoga
- Oct: Past Lives & Karma
- Nov: Sacred Geometry
- Dec: Overview of Judaism & Christianity
- Jan: Vocal Training
- Feb: Arabic Mantra/Islam/Sufism
- Mar: Spiritual Art & Mala Making



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...partial dates listed... check back in  
a bit for exact dates!