

FOR IMMEDIATE RELEASE

## **Mount Soma Summer Meditation Retreat**

Clyde, NC. May 25, 2015

Mount Soma will be hosting a [Surya Ram Meditation Retreat](#) July 27-August 3, 2015 (Mon-Mon). Surya Ram Meditation Retreats are designed to de-stress and provide deep rest to the physiology, while nourishing all levels of a person's being. These retreats are offered to provide rejuvenation, inspiration, and a boost to people's spiritual growth. The power of the Surya Ram Meditation increases exponentially when practiced in a group.

The Surya Ram Meditation is an ancient technique from the Himalayas. Brought forth in its purity by Michael Mamas (Michaelji), it imposes nothing. Instead, this meditation naturally promotes your spiritual growth and fosters a healthy life. By resting into the source of your being, deep-seated stresses in your mind and body are released. Your inherently divine true nature is then freed to well up and permeate all aspects of your life. Michael Mamas (Michaelji) says, "The stability you long for is not on the surface of life. It is in the depth of your being." The [Surya Ram Meditation](#) can be learned free online.

- There is also a [Summer Retreat Weekend](#) option: August 1-3, 2015 (Sat-Mon)
- For those who want to attend both a Surya Ram Class taught by Michael Mamas and the Surya Ram Meditation Retreat, there is a [Class/Retreat](#) option: July 25-August 3, 2015 (Sat-Mon).

[Mount Soma](#) is a community founded on ancient knowledge and the fundamental principles of nature. It has become a spiritual destination center that attracts thousands of visitors every year. Many of them travel to see Sri Somesvara, a Vedic temple, built with 46 tons of hand-carved granite. Founded by Michael Mamas (Michaelji) in 2002, Mount Soma hosts daily group meditation, meditation retreats, and spiritual evolution classes. Every aspect of Mount Soma has been designed to promote people's spiritual evolution, health, and full potential, and an Ashram Program is offered for fully committed individuals. Mount Soma will serve as an example of how to create a healthy society, an enlightened city that brings the full spectrum of life to fulfillment.

All Surya Ram Meditation Retreats are sponsored by The Center of Rational Spirituality (CRS), a non-profit organization, established to provide free and low-cost resources such as meditation instruction, retreats, and lectures.

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