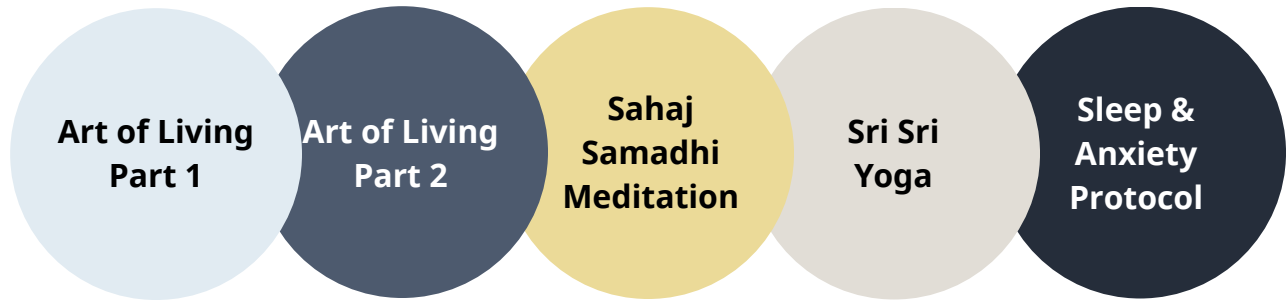


Your Journey with the Art of Living

Explore a pathway of growth, peace, and transformation through our core retreats and advanced programs.



Available online or in-person across the world.

Entry-Level Retreats (No Prerequisites)

Retreat Name	What's Included
Happiness Retreat	Art of Living Part 1
Stepping into Silence	Part 1 + a lighter Part 2
Breathwork & Meditation Retreat	Part 1 + Sahaj Samadhi Meditation
Sacred Mountain Yoga Retreat	Sri Sri Yoga
Sleep Reset Retreat	Sleep & Anxiety Protocol

Graduate-Level Programs (Prerequisites Apply)

Retreat Name	Prerequisite(s)
Dive Deep Into Silence	Art of Living Part 1
Blessings Course	Part 1, Part 2, and Sahaj Samadhi
Sanyam	Part 1, Part 2, and Sahaj Samadhi
Shakti Kriya	Part 1 and Part 2
Volunteer Training Program	Part 1 and Sahaj Samadhi
Marma Practitioner Training Level 1	Part 1 and Part 2
Sri Sri Level 2	Marma Practitioner Training Level 1

Ideal Journey Path (Suggested Progression)

Month 0 Happiness Retreat

Month 3 Dive Deep into Silence

Month 6 Breathwork & Meditation Retreat

Month 12 Sanyam

Month 16 Dive Deep into Silence

Month 20 Blessings Course

After Year 1, attend two DDiS retreats per year—one with Gurudev, and one without—to deepen your practice and refresh your inner silence.

Alternative Journey Path

Month 0 Stepping into Silence

Month 3 Breathwork & Meditation Retreat

Month 6 Dive Deep into Silence

Month 12 Sanyam

Month 16 Dive Deep into Silence

Month 20 Blessings Course