

Kaya Kalpa Dark Retreats

Many spiritual traditions have used darkness techniques in the pursuit of enlightenment. In Europe, the dark room often appeared in underground form as a network of tunnels, in Egypt as the Pyramids, in Rome as the catacombs, in India and Tibet as caves, and now on Koh Phangan in the form of two earthbag domes.

the process

Complete darkness profoundly changes the sensory sensibilities of the body and brain. Being deprived of all visual reference, major cortical centers in the brain are shut down, body and mind gravitate towards a new equilibrium, and the doors toward psychic and spiritual experiences are opened. The four glands located in the area of the head (pineal, hypothalamus, thalamus, and pituitary) are stimulated and, over time, psychedelic chemicals ("spirit molecules") accumulate in the brain. The experiences of each person will vary and depend on a large number of factors. At the same time, most people including beginners in yoga, will receive great benefits, which may include: profound relaxation, readjustment of the body's biological clock, harmonization of sleep patterns, rejuvenation and revitalization (cellular transformation), enhanced perception of subtle energies and astral lights, OOBES, prolonged lucid dreams, psychic perceptions of different forms, deep meditation, altered and transcendental states of consciousness.

The user manual for our dome including dietary advice for the darkroom experience, and further information and resources on the darkroom experience are available online at www.phanganeearthworks.com/darkroom.html. Regular self-practice and a basic foundation in meditation are recommended for anybody wanting to retreat.

the domes

We have two meditation earthbag domes on our property; the smaller and older one, built in early 2010, has an interior diameter of 3.25 meters and has a built-in trap toilet. The newer and slightly larger dome, built in April 2012, comes with an attached bathroom/toilet and is more suitable for longer retreats and those seeking more comfort. Both domes have a solar-powered multi-step ventilation system that can be controlled from the inside of the dome by the meditator. Both domes feature a double door system through which food can enter and leave the dome without light penetrating the interior.

location

on our secluded jungle hillside property in the hills above Sri Thanu, 5 minutes by motorbike from the Agama Yoga Sri Thanu main campus.

cost

	smaller dome	larger dome (with attached bathroom)
price per 24 hours	500 THB	750 THB
price per 72 hours	1'400 THB	2'100 THB
price per week	3'000 THB	4'500 THB

contact

call or text Julien 083 393 9021 to book your space, or alternatively email julien@agamayoga.com.