

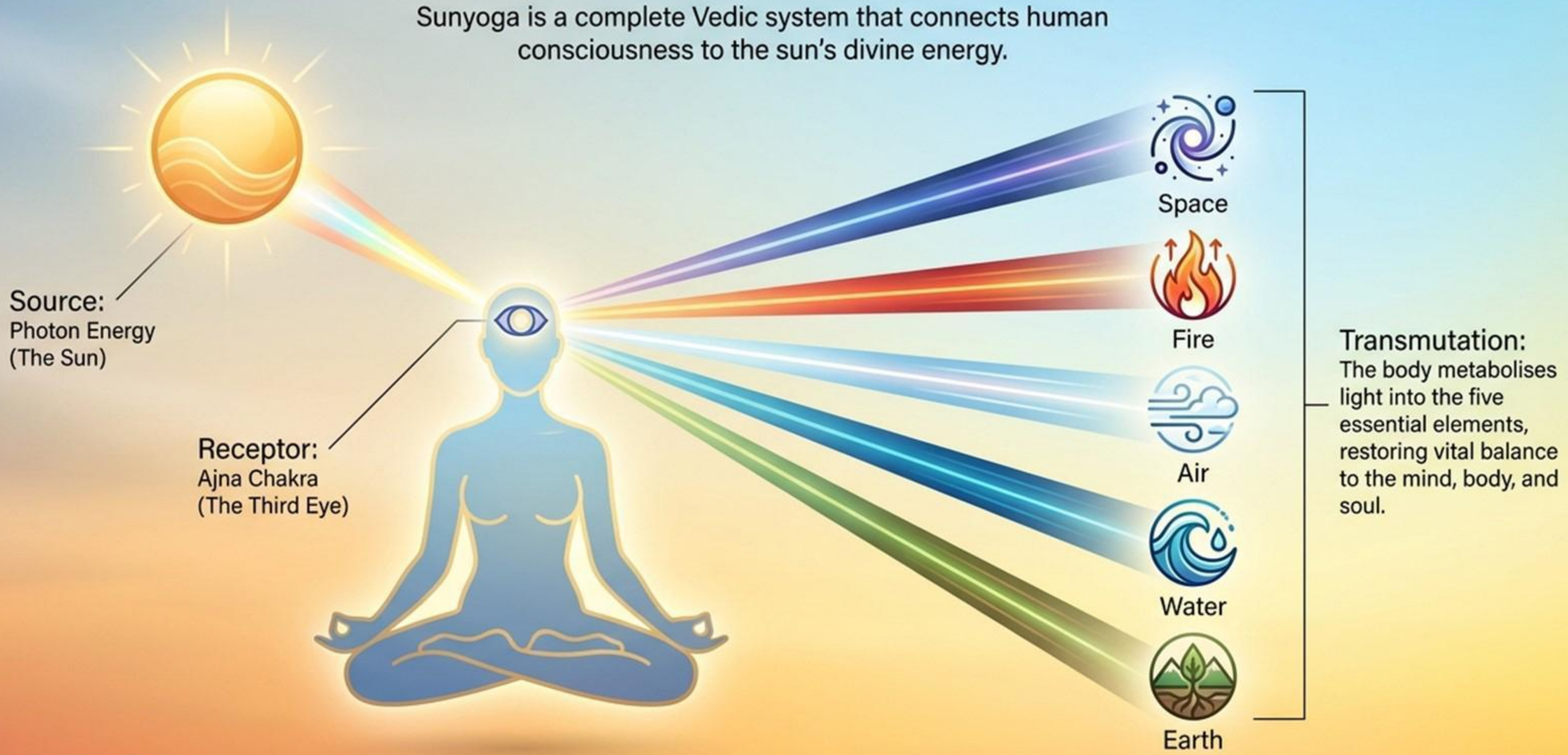


Sunyoga: The Path to Radiant Life

An Introduction to Sun Meditation &
The Scientific Spiritual Healing Course

Harnessing the Ultimate Source of Life

Sunyoga is a complete Vedic system that connects human consciousness to the sun's divine energy.



Guided by a Master's Lineage



The Master: Founded by Enlightened Yogi and Head Teacher Shree Shree Swamiji Sunyogi Umasankar Ji Maharaj Ji.

The Journey: Developed through a miraculous life journey and extensive trekking across India, distilling deep Vedic lineage into a structured discipline.

27 Years of Perfected Practice



Universal Design: A system built for all modern human life, accessible to anyone from ages 3 to 103.



Low-Risk, High-Reward: Highly effective practice requiring zero prerequisite beliefs.



Seamless Integration: Designed to integrate flawlessly into a busy, modern life without apps or digital disruption.

The Sunrise Protocol: 3 Simple Instructions

Step 1: Preparation



Action: Relax the mind and body.

Focus: Cultivate a state of deep gratitude before the sun.

Step 2: Connection



Action: Open the eyes and gaze slightly above the sun.

Focus: Direct your attention from the centre point of the eyebrows (Ajna Chakra) towards the sun.

Step 3: Integration



Action: Embrace the journey with zero expectations.

Focus: Trust the sun's cosmic guidance, absorbing its radiant energy effortlessly.

A hands-free, equipment-free practice performed exclusively under the guidance of certified guides.

The Architecture of Scientific Spiritual Healing



Mental Clarity & Emotional Balance



- Reduces mental clutter, stress, anxiety, and depression.
- Promotes intense focus, memory, and emotional stability.

Energy & Strength

- Absorbs cosmic energy to drastically increase physical stamina.
- Revitalises the body, resulting in a decreased need for physical food.



Physical Health & Vitality

- Boosts immunity, circulation, and flexibility.
- Aids in deep detoxification and improves digestion.

Spiritual Growth & Self-Awareness

- Awakens true potential, intuition, and higher consciousness.
- Fosters a deep, harmonious connection with the universe.



The 13 Stages of Sunyoga Ascent

Phase 1: Mastery of the Self (Stages 1-4)

1

Conquering material desires and developing divine energy. Discovering the Atma (soul) and initiating Nirvikalpa Samadhi.

2

3

4

5

6

7

8

9

10

11

12

13

Phase 2: Mastery of the Physical (Stages 5-9)

Conquering hunger, thirst, and disease.
Adjusting the mind to all situations and achieving universal harmony with all living beings (having no enemies).

Phase 3: Universal Attunement (Stages 10-13)

Achieving longevity. Equalising the body's vibration sequentially with the Earth, the Sun, and ultimately, the Supreme Universe for Full Enlightenment.

A Sanctuary for Mindful Living

1 Location:
Niederwangen bei Bern,
Switzerland.

2 Environment: Peaceful, idyllic
surroundings inspired by Far
Eastern traditions.

3 Nourishment: Seasonal,
bio-vegetarian cuisine crafted
with care.

Landguet Ried offers the perfect tranquil canvas to learn the philosophy of cosmic alignment, offering dedicated spaces for stillness, connection, and profound personal growth.

The 3-Day Immersive Retreat (Levels 1–3)

The Experience (14–16 September 2026)



Total Immersion: 27 hours of direct teaching with Master Sunyogi.



Morning Practice (06:30): Preparatory Yogasanas and guided Sun Meditation.



Daytime Lectures: Experiential and scientific insights into cosmic energy metabolism, the 5 elements, and balancing life's physical, emotional, and social facets.

The Takeaways



Video recordings of positions presented during the workshop.



Free access to exclusive weekly online Sunyoga teachings.



Integration into a global, supportive online community.



Playlist and movement lists for ongoing home practice.

Secure Your Place on the Path

Course Tuition (via Infinity Role Teachers)	Accommodation & Meals (via Landguet Ried)
Early Bird: CHF 693 (Until July 13)	3 Nights: Ranging from CHF 243 (Camper/Pitch) to CHF 498 (Single Comfort). Includes: Bedding, towels, free Wi-Fi, parking, and 3 bio-vegetarian buffet meals daily.
Standard: CHF 963	
Details: Strictly limited to 36 participants. Taught in English (with German translation).	

*Payment is divided into two parts: **Course tuition** is paid to **Infinity Role Teachers**; **Accommodation** is paid directly to the venue.*

Step Into the Light

No prior preparation required. You need only time, focus, and willingness.

1. **Book your course:** infinityroleteachers.com
2. **Secure your room:** Email office@landguet.ch
(Mention: "Sunyoga with Master Sunyogi")

Event Coordinators:

Akasha: +41 76 234 68 85

Avalon: +386 40 188 848

Email: info@infinityroleteachers.com

