



## **One day Perth retreat – 20<sup>th</sup> October 2019 – schedule**

### **9.00am**

- Arrive for your Mahat Mediation retreat to relax and unwind
- Activation of the earth grid and placing intentions - Hum mantra
- Stretching, grounding and breathing exercises
- Level One Mahat Meditation
- Time in stillness to reflect and fuel intentions

### **11.00am**

*Morning tea*

### **11.30am**

- Building personal and group intentions
- Level Two Mahat Meditation with manifestation technique
- Padmasambhava mantra to fuel group intentions

### **1.00pm**

*Delicious healthy lunch with wholesome foods to nourish your body, mind and spirit*

*Relaxing and restorative time to share lunch with other Mahats*

### **2.00pm**

- Level Three Mahat Meditation with diamond technique
- Hum mantra

### **3.30pm**

*Afternoon tea*

**4.00pm**

- Level One Mahat Meditation to anchor the foundation energy of Mahat Meditation
- Level Four Mahat Meditation with re-imprinting
- Hum mantra and holding/anchoring the grid energy to fuel non-duality and unity consciousness.

**5.00pm**

- Completion of our day retreat with the understanding that we are always connected

**May we continue to work together to make positive intentions towards humanity living in absolute truth, unity consciousness and experiencing and knowing non-duality.**

**Our gift back to our Earth and to future generations.**

**Mahatma**