

Mahat Meditation Retreat 2021

with Melaney Ryan



Saturday 29 May - Tuesday 1 June

Premalaya - Yallingup - Western Australia

Proudly presented to you by the Melaney Ryan Institute of Applied Consciousness (MRIAC)



Pricing and further information for the Mahat Meditation retreat

Yallingup, Western Australia

Saturday 29 May - Tuesday 1 June 2021

Premalaya is set on a six acre block just 2km from Smith's Beach, where you can surrender and fully immerse yourself in the beauty and nature that surrounds.

At Premalaya, the apartments comprise of two bedrooms and two bathrooms and are fully self-contained with a private balcony. Each apartment overlooks the gardens and communal relaxation area.

Each apartment includes the following:

- Spacious open plan kitchen and living area
- Private balcony overlooking the gardens
- Fully equipped kitchen
- Reverse cycle air conditioning and heating in living area
- Smart TV
- Hair dryer in bathroom
- Washing machine and mini laundry
- Secure parking
- Free wifi
- Linen and towels provided

The full retreat cost **per person** is as follows:

Single room - AUD \$1590

- Private room with queen bed and private bathroom

Share room with double bed - AUD \$1290

- Double bed in share room with bathroom (you may request to share a room with a friend if you are both attending - please tell us at the time of booking)

Share room with single bed - AUD \$1190

- Single bed in share room with bathroom (you may request to share a room with a friend if you are both attending – please tell us at the time of booking)

Special price per couple - AUD \$2880

- One queen size bed and private bathroom

** The couples' price **DOES NOT** include friends who are comfortable sharing a bed. We are offering this price to couples so that partners have the opportunity to experience a Mahat Meditation retreat together.*

The retreat fee includes:

- Three nights accommodation at Premalaya in Yallingup, Western Australia.
- Delicious and nourishing meals. Dinner on Saturday night, three meals on Sunday and Monday and breakfast on Tuesday morning.
- Complimentary teas and coffee for the duration of the retreat.
- All group meditations and talks with Melaney.
- Use of yoga mats and cushions during all meditation practices.
- Complimentary wifi for the duration of the retreat.
- Dedicated and efficient service from the team at MRIAC to ensure a memorable retreat experience.

The retreat fee does not include:

- Transport to Premalaya in Yallingup, Western Australia.
- Transport over the duration of the weekend - if you choose to go to the beach or any other local places, you will need to use your own car or car pool with other Mahats.

Arial view of Premalaya



Outdoor deck



Sample living room



Sample bedroom



Sample bathroom



Sample apartment deck



How to secure your booking:

Your place at the Mahat Meditation retreat is **ONLY** secured when we have received your non-refundable deposit. The deposit is **AUD \$500 per person**.

To pay your deposit, simply transfer the amount required into the following bank account with your name in the reference line.

Australian StillPoint Institute

BSB: 016460

Account: 194856543

Once your deposit has been paid, we will need to receive the rest of your payment by **29 April 2021** – one month before the retreat start date.

Please contact Jenna at admin@mriac.com.au before you pay your deposit to ensure the room selection you require is still available.

After your place is secured you will receive a confirmation email and a retreat contract to complete and return to us.

Retreat schedule

DAY 1 – Saturday 29 May 2021

Arrive at Premalaya from 3.00pm

Check in and settle into your room.

Discussion and meeting time with other retreat attendees and the MRIAC team. Any requests can be given to Jenna at this stage or at any time throughout the retreat.

Afternoon relaxation and time to enjoy the retreat grounds and surrounding areas.

Group welcome dinner: 6.00pm

Evening meditation with Melaney: 8.00 - 9.30pm

During this group meditation, Melaney will create a crystal grid to connect to and anchor the light pillar created by Mahats over seven years of Mahat Meditation practice in the mountains of Chiang Mai.

Breathing exercises -

- **Abdominal breathing**
- **Alternate nostril breathing**
- **Solar plexus breathing**

Meditation practice -

- **Balancing stress meditation**
- **Balancing worry and over thinking meditation**
- **Level One Mahat Meditation practice**
- **HUM mantra**

This meditation practice will end as an open meditation, you are welcome to stay in the space as long as you choose to.

** Please note - all meditations at retreat will include relevant preparation exercises at Melaney's discretion.*

DAY 2 – Sunday 30 May 2021

Morning reflection - 8.00 - 9.00am (optional)

Reflection time in the meditation space - the Hum mantra will be playing for those who would like to journal/reflect. This is a silent space.

Breakfast: 9.00am

Morning meditation practice - 11.00 - 1.00pm

Breathing exercises -

- **Abdominal breathing**
- **Alternate nostril breathing**
- **Tan tien building**
- **Figure 8 technique**

Meditation practice -

- **Anchoring our group intention - unity and unified wealth. Personal intentions will be fuelled here**
- **Activating the doorways to the soul heart meditation**
- **Level Two Mahat Meditation with manifestation**
- **Padmasambhava mantra**

Lunch: 1.00pm

Free afternoon for rest, relaxation or activities of your choice.

Meditation practice - 4.30 - 6.30pm

Breathing exercises -

- **Abdominal breathing**
- **Alternate nostril breathing**
- **Figure 8 technique**

Meditation practice -

- **Balancing grief/anxiety/sadness**
- **Level Three Mahat Meditation**
- **Spinning technique**
- **Hum mantra**

This meditation practice will end as an open meditation, you are welcome to stay in the space as long as you choose to.

Dinner: 7.00pm

Meditation practice - 8.30 - 9.30pm

Breathing exercises -

- **Abdominal breathing**
- **Alternate nostril breathing**

Meditation practice -

- **Balancing fright/shock/insecurity/sorrow**
- **Level Four Mahat Meditation with re-imprinting**

This meditation practice will end as an open meditation, you are welcome to stay in the space as long as you choose to.

DAY 3 – Monday 31 May 2021

Grounding and anchoring exercises and meditation - 8.30 - 9.00am

Alignment position, abdominal breathing, grounding point and kidney breathing.

Balancing fear/fright meditation.

Breakfast: 9.00am

Free morning for rest, relaxation or activities of your choice.

Padmasambhava mantra will be playing in the meditation space for those who would like to meditate at this time.

Meditation practice - 12.00 - 1.00pm

Breathing exercises -

- **Abdominal breathing**
- **Alternate nostril breathing**
- **Tan tien building**
- **Figure 8 technique**

Meditation practice -

- **Manifesting your goals meditation**
- **Level One Mahat Meditation**
- **Hum mantra**

Group lunch: 1.00pm

Afternoon talk with Melaney and meditation practice - 2.30 - 4.30pm

Breathing exercises -

- **Abdominal breathing**
- **Alternate nostril breathing**
- **Solar plexus balancing**

Meditation practice -

- **Level Two Mahat Meditation with manifestation technique**
- **Hum mantra**

This meditation practice will end as an open meditation, you are welcome to stay in the space as long as you choose to.

Dinner: 7.00pm

Meditation practice - 8.30 - 9.30pm

- **Level Three Mahat Meditation practice**
- **Hum mantra**

This meditation practice will end as an open meditation, you are welcome to stay in the space as long as you choose to.

DAY 4 – Tuesday 1 June 2021

Final group meditation - 8.00 - 8.45am

Activating seven doorways to the soul with sacred heart yantra with group intention - unity and unified wealth. Personal intentions will be fuelled here.

Anchoring of our light pillar in the South West of Australia.

Breakfast: 8.45am

Time to collect your belongings and check out by 10.00am

Additional information about the Mahat Meditation retreat

I am attending the retreat with a friend – can we request a room together?

Yes. Please make this request to Jenna when you pay your deposit. You can contact her at admin@mriac.com.au.

Will there be time for me to do my own thing?

There certainly will be. We have scheduled free time where you may like to take a walk, visit a beach, journal, spend time with other Mahats or visit another local attraction.

Can my partner come with me if they are NOT attending the retreat?

Unlike our international retreats, our local retreats are much smaller and more intimate in size. We ask that you do not bring partners with you unless they are also a Mahat, and are attending as a retreat participant.

Bringing children to the retreat

We ask that you leave your little ones at home for the duration of this retreat - due to the small size and intensive nature, this retreat is an adult only event.