



# SPRING EQUINOX RETREAT

**Friday 17 – Tuesday 21 March 2023**  
*VULA VISTA HALL - THE EDGE MOUNTAIN RETREAT*  
**HOGSBACK**

## Friday 17 March

16:00 OPENING OF THE RETREAT  
Foundation Teachings

18:30 **Supper**

19.45 Film: **THE SHIFT**

## Saturday 18 March

7.30 \*Inner-Chi (Optional morning Qi-Gong)

8.00 **Breakfast**

9:00 Retreat Hall

10:30 **Tea**

11.00 Art process –

13:00 **Lunch + Free Time**

14:30 \*Teaching Session

15:30 **Tea**

16:00 Process Art session –  
Balancing Ying Yang

17:00 \*Labyrinth Experience

18:30 **Supper**

19.45 Tapping the State of Balance  
Meditation & Satsang

## Sunday 19 March

7.30 \*Inner-Chi (Optional morning Qi-Gong)

7:30 **Breakfast**

9:00 \*Short nature walk & Tibetan Bowl  
meditation

10:00 Dissolving blockages

11:00 **Tea**

11.30 The Art & Dance of Ying / Yang

13:00 **Lunch**

14:00 \*Stillness & Nature Walk

15:30 **Tea**

16:00 Mandala Art Process –  
Deepening into Balance

18:30 **Supper**

19.45 Evening Fire Satsang

### **Noble Silence:**

**Noble Silence** is observed from the evening  
meditation until breakfast each day

### **Protocol:**

\* Sessions to be held outside, - weather  
permitting.

Please ensure that you are punctual for each  
session

***Relax, Release, Recharge & have Fun!***

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## S P R I N G E Q U I N O X R E T R E A T

### Monday 20 March

- 7.30 \*Inner-Chi (Optional morning Qi-Gong)
- 8.00 **Breakfast**
- 9:00 Going Deeper Session
- 11:00 **Tea**
- 11:30 Revealing the hidden Truth from yesterday's Art
- 13:00 **Lunch**
- 14:00 \*Going Deeper in Nature – walk to uncover Inner Truth
- 15:30 **Tea**
- 16:00 \*Deeper Labyrinth Experience
- 17:00 Awakening to your TRUE NATURE
- 18:30 **Supper**
- 19:45 Satsang – deeper Question & Answer and shared wisdom session

*Only when we live fully in the present, unimpeded by judgements and non-forgiveness, of both ourselves and others, can love flow, and true happiness be experienced.*

*Love flows when all judgements are put aside, all yesterdays are forgiven and released, and all tomorrows are securely placed in the hands of the Divine.*

### Tuesday 21 March

- 7.30 \*Inner-Chi (Optional morning Qi-Gong)
- 8.00 **Breakfast**
- 9:00 \*Morning Nature Session: Meditations on the Edge
- 10:00 Re-Birth
- 11:00 **Tea**
- 11:00 The Keys to Awakened Doing & Being
- 13:00 Lunch**
- 14.30 Final Gathering/Sharing
- 15.00 Closing Fire Ceremony

#### **Noble Silence:**

**Noble Silence** is observed from the evening meditation until *after* breakfast each day

#### **Protocol:**

\* Sessions to be held outside, weather permitting.

Please ensure that you are punctual for each session

***Relax, Release, Recharge & Awaken***