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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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EQUINOX RETREAT

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