



THE 5 GOLDEN KEYS TO AWAKENED LIVING

Friday 20 – Tuesday 24 March 2026
THE EDGE MOUNTAIN RETREAT
HOGSBACK

Friday 20 MARCH

16:00 OPENING OF THE RETREAT
Golden Key ONE
18:00 **Supper**
19.00 Film: **THE SHIFT**

Saturday 21 MARCH

7.30 *Inner-Chi (Optional morning Qi-Gong)
8.00 **Breakfast**
9:15 Insights from the movie
Golden Key TWO
10:30 **Tea**
11.00 Art process
13:00 **Lunch + Free Time**
15:00 **Tea**
15:15 *Golden Key THREE
16:00 Process Art session
17:00 *Labyrinth Experience
18:15 **Supper**
19.30 Tapping the Awakened State:
Meditation & Satsang

Sunday 22 MARCH

7.30 *Inner-Chi (Optional morning Qi-Gong)
Tibetan Bowl meditation
7:30 **Breakfast**
9:15 Check-in
10:00 *Golden Key FOUR
11:00 **Tea**
11.30 Art process
13:00 **Lunch**
14:00 *Stillness & Nature Walk
15:00 **Tea**
15:15 Deepening into Awakened Living
18:15 **Supper**
19.30 Evening Fireside Satsang

Noble Silence:

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

Protocol:

* Some 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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THE 5 GOLDEN KEYS TO AWAKENED LIVING

Monday 23 MARCH

- 7.30 *Inner-Chi (Optional morning Qi-Gong)
- 8.00 **Breakfast**
- 9:15 *Golden Key FIVE
- 11:00 **Tea**
- 11:30 Art process
- 13:00 **Lunch**
- 14:00 *Awakening Deeper in Nature – guided walk to uncover Inner Truth
- 15:15 **Tea**
- 16:00 *Deeper Labyrinth Experience
- 17:00 Awakening to our TRUE NATURE
- 18:15 **Supper**
- 19:30 Clearing Fireside Ceremony

Only when we live fully in the present, unimpeded by judgements and any 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. This awakens us to the joy of Being.

Tuesday 24 MARCH

- 7.30 *Inner-Chi (Optional morning Qi-Gong)
- 8.00 **Breakfast**
- 9:15 Check-in
- 10:00 *Living Awakened – moving forward
- 11:00 **Tea**
- 11:00 Art process
- 13:00 Lunch**
- 14.30 Final Gathering- sharing insights into the FIVE KEYS
- 15.00 Closing Ceremony

This night's accommodation is included, so do not rush off, but stay over and let the retreat's energy marinate in further.

Noble Silence:

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

Protocol:

* Some Sessions to be held outside, weather permitting.

Please ensure that you are punctual for each session

Relax, Release, Recharge & Awaken