



THE HEART OF BEING HUMAN

THE 7 GOLDEN KEYS TO AWAKENED LIVING

Friday 9 – Tuesday 13 October 2026
THE EDGE MOUNTAIN RETREAT
HOGSBACK

Friday 9 October

16:00 OPENING OF THE RETREAT
Foundation Teachings
17.45 **Supper**
18.45 Film: **THE SHIFT**

Saturday 10 October

7.30 *Inner-Chi (Optional morning Qi-Gong)
8.00 **Breakfast**
9:15 Wisdom Sharing
10:30 **Tea**
11.00 Art process
13:00 **Lunch + Free Time**
15:15 **Tea**
15:30 *Wisdom Sharing
16:00 Process Art session
17:00 *Labyrinth Experience
18:15 **Supper**
19.15 Evening Fireside Meditation & Sharing

Sunday 11 October

7.30 *Inner-Chi (Optional morning Qi-Gong)
Tibetan Bowl meditation
8.00 **Breakfast**
9:15 Check-in
10:00 *Wisdom Sharing
11:00 **Tea**
11.30 Art process
13:00 **Lunch**
14:00 *Stillness & Nature Walk
15:15 **Tea**
15:30 Wisdom Sharing
18:15 **Supper**
19.15 Evening Fireside Sharing & Meditation

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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Monday 12 October

- 7.30 *Inner-Chi (Optional morning Qi-Gong)
- 8.00 **Breakfast**
- 9:15 *Wisdom Sharing
- 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**
- 19:15 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 13 October

- 7.30 *Inner-Chi (Optional morning Qi-Gong)
- 8.00 **Breakfast**
- 9:15 Check-in
- 10:00 *Living Awakened – moving forward
- 11:00 **Tea**
- 11:15 Art process
- 13:00 Lunch**
- 14.30 Final Gathering- sharing insights
- 15.00 Closing Ceremony
- Do not rush off - stay over and let the retreat's energy marinade in further.

Noble Silence:

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

Protocol:

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Please ensure that you are punctual for each session

Relax, Release, Recharge & Awaken