

Mahat Meditation Retreat 2026

With Melaney Ryan



22 - 31 October 2026

Veranda Resort and Spa - Chiang Mai - Thailand

Proudly presented to you by Melaney Ryan Institute of Applied Consciousness



Pricing and further information for the Mahat Meditation Retreat

Chiang Mai, Thailand

22 – 31
October 2026

We will be staying in the Valley Deluxe rooms at the Veranda Resort and Spa in Chiang Mai.

Each room includes the following:

'Balcony with lounge table and outdoor chairs, day bed, over-sized canopy bed or twin beds, individually controlled air conditioner, his / her closet, working and dressing table, IDD telephone and 32" flat screen LCD satellite TV with DVD player, WIFI internet connection, open style bathroom with bath tub, separate rain shower room, double vanity wash basin, bath robe and slippers, umbrella toothbrush and toothpaste, razor and comb, hair dryer, personal deposit box and mini bar with tea and coffee facilities.'

* Please note – 'open style bathroom' does not imply the bathroom is always open style. There are large thick sliding doors that make the bathroom completely private.

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

Twin share - AUD \$3,750

- Two extra large single beds (you may request to share a room with a friend if you are both attending – please tell us at the time of booking)
- Each room has its own bathroom and toilet

Single room - AUD \$4,450

- One extra large queen size bed
- Your own bathroom and toilet

Special price per couple - \$7,350

- One extra large queen size bed
- Your own bathroom and toilet

* 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:

- A one way transfer from Chiang Mai international airport to the retreat venue (Veranda).

** Please note - we can only provide an airport transfer if you are going directly to Veranda from the Chiang Mai airport, regardless of your check in date. If you arrive in Chiang Mai before the retreat and choose to stay elsewhere, you will need to arrange your own transport to Veranda for the retreat start date, 22 October 2026.*

- Welcome drink and a cool towel upon arrival.
- Nine nights accommodation including daily turn down.
- Breakfast and/or lunch every day. Lunch on day nine is a packed lunch as we have an all day outing - if you do not attend this outing, your lunch on this day will be at your own expense. Our shared group banquet meal will be lunch every day except for days three and eight when it will be an early dinner.
- Complimentary tea and coffee during daytime meditation practices and talks.
- Shuttle bus transport into Chiang Mai city three times daily for those who wish to venture out and explore.
- A special offer of 40% off all spa treatments at Veranda for retreat attendees.
- All group meditations and talks with Melaney.
- 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:

- Airfares to Chiang Mai.
- Spa treatments (should you choose to be pampered).
- Your dinner each night (either at Veranda or out in Chiang Mai) - excluding days three and eight as outlined above.
- Any extra nights of accommodation before or after the retreat (should you choose to arrive early or leave late).
- Any room service or minibar stock that you consume while at the retreat.
- Any extra services you utilise while at Veranda such as dry cleaning or washing.

Veranda entrance



Infinity edge pool



Restaurant overlooking pool



Shared room



Single room



Bathroom



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 \$1,000 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 **22 September 2026** – one month before the retreat start date.

Please contact Jenna at admin@mriac.com 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, full registration form and a retreat contract - please complete and sign the documents and return them to Jenna by email.

Can my partner/family travel with me if they are NOT attending the retreat?

Yes. You are more than welcome to bring your partners/families with you to Chiang Mai! The booking procedure is as follows:

- If it is just you and your partner – you will need to purchase a SINGLE room (AUD \$4,450). This room has an extra large queen sized bed.
- If you are bringing children with you, you will need to purchase a SINGLE room (AUD \$4,450) and share this room with your children - extra beds for children will be made available (max. 2 children and 2 adults per room). Alternatively, you can book an adjoining room next door for your children (at your own expense).
- The deposit remains the same at \$1,000 per retreat attendee.
- Your partner and/or children's breakfast will be included in the cost.
- Your partner and/or children's lunch/dinner will not be included in the fee and they will not be permitted to attend any of the group meditation sessions.

Retreat schedule

DAY 1 – 22 October 2026

Arrive at Veranda Resort and Spa and check in and settle into your room.

Discussion and meeting time with other retreat attendees and the MRIAC team.

Group lunch at 1.00pm

Afternoon relaxation and time to enjoy the retreat grounds.

We recommend you schedule your flights to arrive in Chiang Mai on the morning of 22 October. Alternatively, you may choose to arrive one or more days prior to the retreat start date (the accommodation for these nights will be your own responsibility and at your own expense).

Setting up an energy grid to fuel, support the unified energy within the Mahatma energy with spinning meditation: 5.00pm

Evening talk and meditation with Melaney: 6.15pm - 7.30pm

- **Level One Mahat Meditation**
- **Heart Sutra mantra**
- **The new earth**
- **The final challenge**
- **The great remembering**
- **The old to be replaced with the new**
- **The new earth - intuition/inner wisdom**
- **The doorway of completion**
- **The great forgetting or remembering**

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

The levels of meditation in this schedule are subject to change slightly, depending on the number of level one, two, three, four and five Mahats who attend retreat. Again, this will be at Melaney's discretion. Those not yet at the designated level of practice are welcome to stay in the space and share the energy of all meditation practices.

DAY 2 – 23 October 2026

Stretching, breathing, grounding, anchoring to the Earth and meditation - HZ frequency meditation: 8.00am - 8.45am

Breakfast: 8.45am onwards

Morning meditation practice: 11.00am - 1.00pm

- **Manifesting your goals through the heart intelligences**
- **Ah the sound of manifestation**
- **Internal channel**
- **Sacred heart technique**
- **The master template**
- **See the clues of the divinity**
- **Love, wisdom and awareness (the sacred trinity) with an open heart**

Group lunch: 1.00pm

Free afternoon for rest, relaxation or activities of your choice if you choose OR meditation practice: 3.00pm - 5.30pm

- **Level Two Mahat Meditation practice with manifestation technique**
- **Preparation of the leap - new level of being**
- **Hear the signals in the tone**
- **The thymus, the higher heart**
- **Bringing light to the shadow**
- **The point of fulfilling our divine mission**
- **Movement from the fixed inner cross to the active cross of unification**

DAY 3 – 24 October 2026

Silent space for meditation and reflection to the Hum mantra: 7.00am - 8.00am

Breakfast: 8.30am onwards

All day outing: 10.00am - 5.00pm (approx.)

Mae Kampong Village and Mae Kampong Waterfall

Nestled in the lush mountains 1 hour north-east of Chiang Mai, Mae Kampong Village is a hidden gem that offers an escape into a world of authentic Thai culture. This charming little village, named for the "kampong" flower and the river that winds through it, is home to around 100 families and is known for its cool climate, traditional wooden houses and local coffee farms. Stroll along the winding stream, soak in the scenic views, discover charming cafes, and sip on coffee grown locally in the surrounding hills. Beyond the village a waterfall beckons with its cool, clear waters, providing a perfect spot to relax or hike. A trip to Mae Kampong Village will allow you to reconnect with nature and immerse yourself in a vibrant community amongst the tranquil mountains of Northern Thailand.

Lunch: We will share lunch together in the village and enjoy local Northern Thai cuisine. Our daily banquet style group meal will be an early dinner at Veranda instead of lunch on this day.

Dinner: 6.00pm - group dinner at Veranda

Evening meditation practice: 7.30pm - 8.30pm

- **Breathing exercises and grounding techniques**
- **Level Three Mahat Meditation**

DAY 4 – 25 October 2026

Guided meditation - seven doorways to the soul to activate the heart with breathing exercises and grounding: 8.00am - 8.45am

Breakfast: 8.45am onwards

Morning talk with Melaney and meditation practice: 11.00am - 1.00pm

- **The one unified point meditation**
- **The diamond sutra**
- **Move from duality to the one**
- **Transformation**
- **Activating the process/thymus/higher heart**
- **The echo of relationships are threatening/no one would want or love me**

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

Group lunch: 1.00pm

Meditation practice and discussion: 4.00pm - 5.00pm

- **Empowering personal presence meditation**
- **The offering from the divinity**
- **The focus is that of empowerment/confidence/inner strength**
- **The sword of empowerment given by Archangel Michael**

Sunday walking markets in Chiang Mai: 7.00pm – 10.30pm.

Sunday walking markets at Thapae Gate for dinner, shopping and a chance to experience Thai culture. This is a must do in Chiang Mai!

The Sunday market is a showcase of the art and craftsmanship of Northern Thailand. Many of the stall vendors make and sell their own products. The goods available are made from a variety of materials such as silk, paper, fabric, wood, metal, glass etc.

There is also excellent Thai street food served within the temple walls as an alfresco dining area.

DAY 5 – 26 October 2026

ITA Movement practice with stretching and breathing exercises: 8.00am - 8.30am

Breakfast: 8.45am onwards

Visit to the local monastery (white temple) across the road from Veranda. This will include teachings/chanting and meditations with the monks in their meditation centre: 10.00am - 1.30pm

Group lunch: 1.30pm

Afternoon reflection: 4.00pm - 6.00pm

- **Level Four Mahat Meditation practice with re-imprinting using transcending duality charts**

- **HUM mantra**

Melaney will be present for this time in meditation to Level four Mahat Meditation and the HUM mantra - Mahats can enter and leave as they choose. You are welcome to meditate with Melaney and the group for the entire duration where you can meditate, journal or goal set in the space.

Free evening for rest or activities of your choice, or join the group for a casual group dinner near Veranda for local authentic Thai food in Mae Tha Chang Village.

DAY 6 – 27 October 2026

Meditation practice to the Gayitri mantra: 8.00am - 8.45am

Meditation intention - unification and holding space for those who need it.

Breakfast: 8.45am onwards

Morning meditation practice: 11.30am - 1.00pm

- **Level Five Mahat Meditation practice**
- **Breathing techniques**
- **Standing in being**
- **Reflection on the one singular truth**

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

Group lunch: 1.00pm

Afternoon at Wat Siri Don Moon and time to enjoy Chiang Mai city if you would like to explore: 2.30pm - 6.30pm (approx.)

This stunning temple blends cultural artistry, rich history, spiritual rituals, and intricate landscaping. The temple's peaceful ambiance, enhanced by its gardens and abundant sacred spaces, invites quiet contemplation and cultural appreciation. Once a forgotten ruin — nicknamed the “half-buried Buddha temple” — it was revived under King Kawila and has since flourished. Wat Sri Don Moon is also known for its “long na na thong” gold-leaf blessing, performed by the respected Kruba Noi (a renowned master in Chiang Mai) believed to bring charm and prosperity. The temple is a must-visit and offers an unforgettable glimpse into Northern Thai heritage.

Free evening for rest, relaxation or activities of your choice if you choose OR meditation practice: 7.30pm - 8.30pm

Melaney will be present for this time in meditation to the Heart Sutra Gate Gate Parasamgate Bodhi Satva mantra - the sacred, unified heart. This is a mantra for the reflecting of wisdom.

DAY 7 – 28 October 2026

Dawn walk to local temple for Mahat Meditation practice: 6.00am - 7.30am

We will meet at reception at 6.00am and walk to a local temple around 15 minutes away, where we will spend some time and do a group meditation practice together - please note, we can make transport available for those of you who are not physically able to make the walk as there are around 900 steps involved.

Breakfast: 8.45am onwards

Morning reflection: 10.30am - 12.30pm

HUM mantra - this is a silent space and Mahats can enter and leave as they choose. You are welcome to meditate for the entire duration, or simply come in for the time you desire.

This time can also be used for personal journaling, reflection and manifestation/goal-setting within the silent space.

Group lunch: 1.00pm

Meditation practice and discussion: 3.00pm - 5.00pm

- **Level One Mahat Meditation**
- **Jumping the gap - duality - non duality**
- **The great leap of remembering**
- **Laying the path for our new Earth children**
- **The boost from the electric fire within group orientation**
- **Standing in the beam of love**

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

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

DAY 8 – 29 October 2026

Breathing, stretching, grounding and anchoring to the Earth, and ITA Movement practice for those who would like to participate: 8.00am - 8.30am

Breakfast: 8.45am onwards

Visit to Wat Umong Temple and Bang Kang Wat art village: 10.30am - 4.00pm

Among the hundreds of Buddhist temples in Chiang Mai, the Wat Umong or 'tunnel temple' is unique because of its location in the forest and its system of tunnels. The atmosphere is serene and peaceful at this 13th century forest temple nestled at the base of the Doi Suthep mountain.

Near the temple, Bang Kang Wat is a artists village - visitors can enjoy the laid back atmosphere of this artisanal market. The area is full of small and lovely shops which are run by crafts makers, coffee shops, art galleries, etc.

Lunch: Lunch can be purchased at the art village. Our daily banquet style group meal will be an early dinner at Veranda instead of lunch on this day.

Dinner: 6.00pm - group dinner at Veranda

Evening discussion and meditation practice: 7.30pm - 8.30pm

- **Breathing techniques**
- **Level Two Mahat Meditation**
- **The zone of overlap**
- **The precoded triggers within the DNA**

DAY 9 – 30 October 2026

Energetic self care exercises and meditation to Lord Ganesha mantra: 8.00am - 8.45am

The Hindu god Ganesha is depicted as a six armed being with an elephant head and is known as the lord of new beginnings and the remover of obstacles. He is the son of Shiva and Parvati and is revered for his wisdom and intelligence.

Breakfast: 8.45 onwards

All day outing: 10.00am - 5.00pm (approx.)

Supporting non cruelty to the majestic elephants of Chiang Mai.

Elephants are a sacred animal carrying the symbolism of loyalty, inner peace, wisdom and rebirth of luck and prosperity (unified wealth).

We will visit an elephant camp that has a jungle waterfall for the elephants and really gives you a chance to get up close and personal with these gentle giants.

Please note, this is **NOT** a tourist elephant camp - no elephant riding is permitted here as it is unethical and cruel.

In previous years, we have been lucky enough to have very close interaction with the elephants. If you bring swimwear, you will be able to enjoy a swim in the waterfall with them if the elephants are content to do so that day. This really is an incredible experience!

Veranda Resort and Spa will provide a packed lunch if you choose to attend this outing.

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

Evening discussion, breathing/grounding exercises and meditation practice: 7.30pm - 8.30pm

- **Sound healing meditation session**

DAY 10 – 31 October 2026

Final group meditation with setting down of the infinite energy within the Mahatma energy grid and anchoring intentions within the group energy: 8.00am - 8.45am

Breakfast: 8.45am onwards

Time to collect your belongings and check out: 10.00am - 10.45am

Retreat closing ceremony: 11.00am

The retreat closing ceremony is a traditional Thai water ceremony in honour of the founder of Mahat Meditation, Melaney.

Additional information about the Mahat Meditation retreat and Chiang Mai

Daily shuttle bus transportation service

For your enjoyment, we will be providing transportation into the city of Chiang Mai three times per day. This is intended for those who wish to get out and about and explore Chiang Mai.

The shuttle bus schedule is as follows:

- 10.30am returning at 2.00pm
- 1.30pm returning at 7.30pm
- 7.00pm returning at 10.30pm

There will be a designated drop off point where you will be dropped off, then collected a few hours later at the designated time.

You will need to book your place on the shuttle buses in advance to ensure there is a seat for you - this will all be done through the reception staff at Veranda Resort and Spa.

Where is Chiang Mai and what is the most direct way to get there?

Chiang Mai is located in the mountains of Northern Thailand. The flight time from Bangkok is approximately one hour and from Singapore approximately 2 hours and 45 mins.

The most direct flights to Chiang Mai from Perth are via Bangkok or Singapore.

Which airline should I fly with?

We recommend flying with Thai Airways or Singapore Airlines for the convenience of direct flights and efficient and reliable service. Remember to book your flights in advance to get the best deals!

Do I need a visa?

No visa is required for up to a 30 day tourist visit to Thailand. However, you must have at least six months' validity on your passport, as well as a round trip airline ticket. If you wish to stay for longer than 30 days you will need to obtain a visa from your nearest Thai Consulate.

What will the weather be like?

In October, the weather is warm to hot during the day. On average the humidity is quite low with a temperature anywhere between 26-31 degrees celsius. The nights can be cool, especially in the mountains where Veranda Resort and Spa is located.

What do I need to bring?

While the weather is mostly warm in Chiang Mai, it's a good idea to bring at least one warm piece of clothing to wear at night time (top and bottom).

Other things you'll likely need are comfortable clothes, thongs or sandals, sunglasses, a pair of sneakers, a light cardigan, a hat, bathers if you wish to swim at the resort, a backpack or small bag for outings and insect repellent.

Remember that when visiting temples or sacred places, you must cover your shoulders and legs down to the knees. T-shirts are fine, as are pashminas and shawls for females.

If you have forgotten any items, many of these can be purchased from the markets, especially clothing!

Can I stay longer before or after the retreat?

Of course you can!

We recommend you stay at Veranda Resort and Spa if you would like a relaxing hotel that is out of the hustle and bustle. If you want to experience the city and more central Chiang Mai, we recommend Rachamanka Boutique Hotel.

Please remember that it is your responsibility to book and pay for any accommodation prior to or post the retreat. We are only responsible for your accommodation for the nine night duration of the Mahat Meditation retreat.

How do I book extra nights accommodation at Veranda, and what is the cost?

To book extra nights of accommodation at Veranda or to book an extra room for your family and/or children at the retreat, please contact Anchalee at anchalee@verandaresortandspa.com.

We have secured a special room rate for MRIAC students of 4000 Thai Baht per night (twin share) so be sure to let Anchalee know that you are part of the MRIAC group.

How do I get to Veranda Resort and Spa when I arrive in Chiang Mai?

An airport transfer is included in your retreat fee – there will be a driver from Veranda Resort and Spa to collect you at the airport on your arrival in Chiang Mai.

Please note that we can only provide an airport transfer if you are going directly to Veranda Resort and Spa from the Chiang Mai airport, regardless of your check in date. If you arrive in Chiang Mai before the retreat and choose to stay elsewhere, you will need to arrange your own transport to Veranda for the retreat start date - 22 October 2026 (a taxi with a meter is the easiest option).

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

Yes. Please give 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 sure will! It is entirely up to you how much time you spend doing other things around Chiang Mai. Throughout the week we have both scheduled free time, and scheduled outings for you to take part in if you wish. They are completely optional, so if you choose to stay at Veranda and relax that is absolutely fine too.

Bringing children to the retreat

Children and families are welcome at all MRIAC retreats (excluding in lectures and meditations).

We endeavour to provide as many complimentary services as we can to make this an efficient and easy option if you wish to bring your family to Chiang Mai with you.