

# Chakra Cycles Meditation Retreat 2024

with Melaney Ryan



Friday 19 - Tuesday 23 April

Padma Retreat Centre - Youngs Siding - Western Australia

Proudly presented to you by the Melaney Ryan Institute of Applied Consciousness and Padma Retreat Centre



## **Pricing and further information for the Chakra Cycles Meditation Retreat Youngs Siding, Western Australia**

**Friday 19 - Tuesday 23 April 2024**

Padma Retreat Centre is located in Youngs Siding near Denmark, Western Australia, which is one of the most pristine parts of the world famous for its beautiful natural surrounds and coastline.

This property sits among karri trees within the wetlands that face the Nenamup Inlet, alive with abundant wildlife and fresh air coming off the Great Southern Ocean.

Padma Retreat Centre is offered as a place of rejuvenation and retreat from the noise of busy lives. It is a place of rest in a tranquil environment that nurtures your soul.

### Accommodation options -

#### **Wolfe Landing house - sleeps six**

The downstairs level of this house includes one queen bedroom and a second bedroom with two single beds. There is a bathroom and separate toilet downstairs. The upstairs level includes one queen bedroom with views over the lake, with a second toilet.

This house has a fully equipped kitchen and a large living and dining area, with a very large slow combustion heater and fans in all the rooms.

Downstairs has a large deck with outdoor seating, and upstairs the outdoor balcony seating looks over the lake.

#### **Nullaki house - sleeps four**

This single level house includes a king bedroom with a deck overlooking the paperbark and karri trees and a second bedroom with two single beds. There is a bathroom and a separate toilet.

This house has a fully equipped kitchen and a large living and dining area, with a very large slow combustion heater and fans in all the rooms.

There is an outside deck with outdoor seating and a more secluded picnic table surrounded by trees.

#### **Camping at Padma Retreat**

We have a designated number of places for people who wish to camp for the duration of our retreat. This accommodation option includes the use of our newly built bathroom facilities and you will need to bring your own tent or swag - it's a beautiful space to sleep under the stars!

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

**Single room (king) - AUD \$1600**

Private room with king bed and shared bathroom and toilet.

**Single room (queen) - AUD \$1500**

Private room with queen bed and shared bathroom and toilet.

**Share room with single bed - AUD \$1200**

Single bed in share room with shared bathroom (you may request to share a room with a friend if you are both attending – please tell us at the time of booking)

**Special price per couple -**

One **king** size bed and shared bathroom and toilet - \$2900

One **queen** size bed and shared bathroom and toilet - \$2700

*\* 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 meditation retreat together.*

**Camping price - AUD \$900**

Camping space with the use of bathroom facilities.

**Special price per couple - camping - AUD \$1500**

**The retreat fee includes:**

- Four nights accommodation at Padma Retreat Centre in Youngs Siding, Western Australia.
- Delicious and nourishing vegetarian meals. Dinner on Friday night, three meals on Saturday, Sunday and Monday and breakfast on Tuesday.
- Complimentary tea and coffee for the duration of the retreat.
- All group meditations and talks with Melaney.
- Dedicated and efficient service from the team at MRIAC to ensure a memorable retreat experience.

**The retreat fee does not include:**

- Transport to Padma Retreat Centre.
- Transport over the duration of the retreat - if you choose to go to the beach or any other local places, you will need to use your own car or car pool with other retreat attendees.



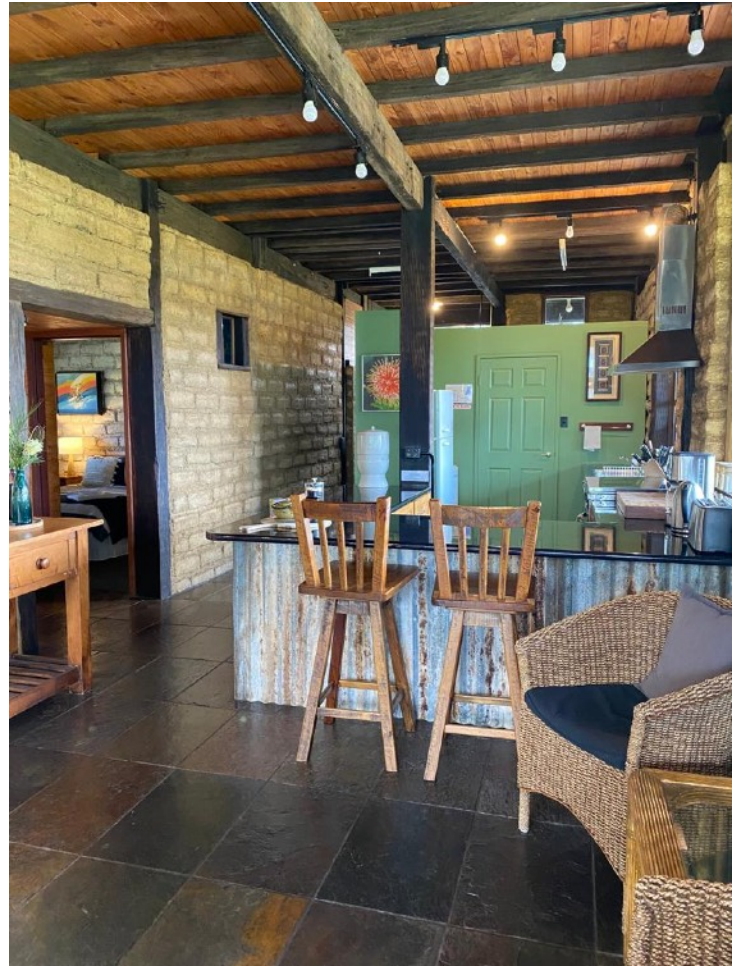
**Aerial view of Padma Retreat Centre**



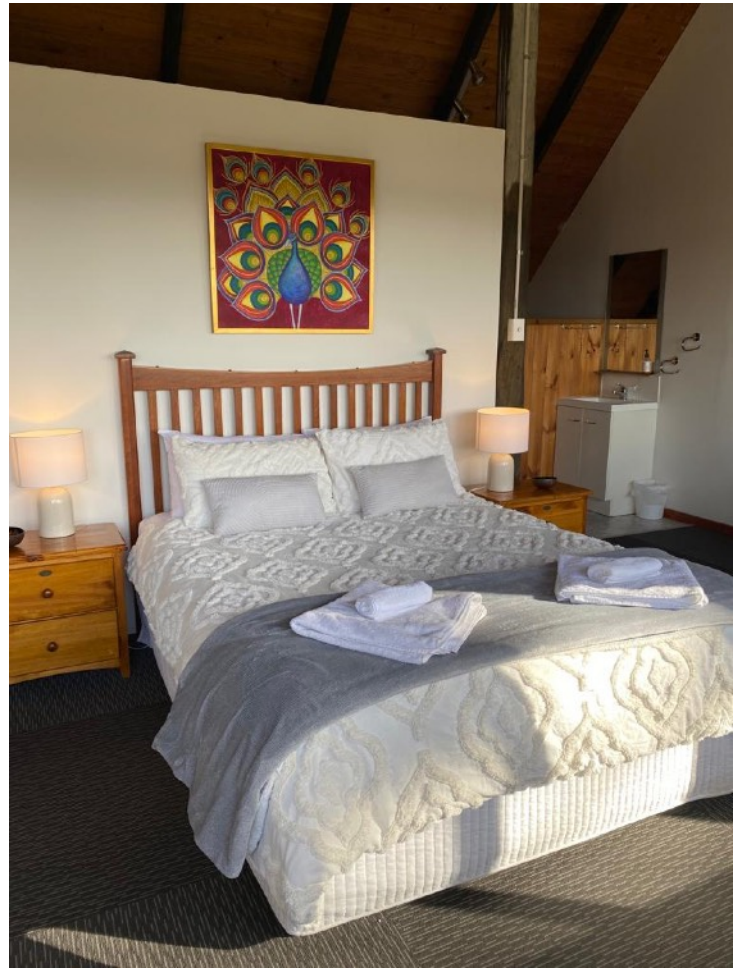
**Wolfes Landing house**









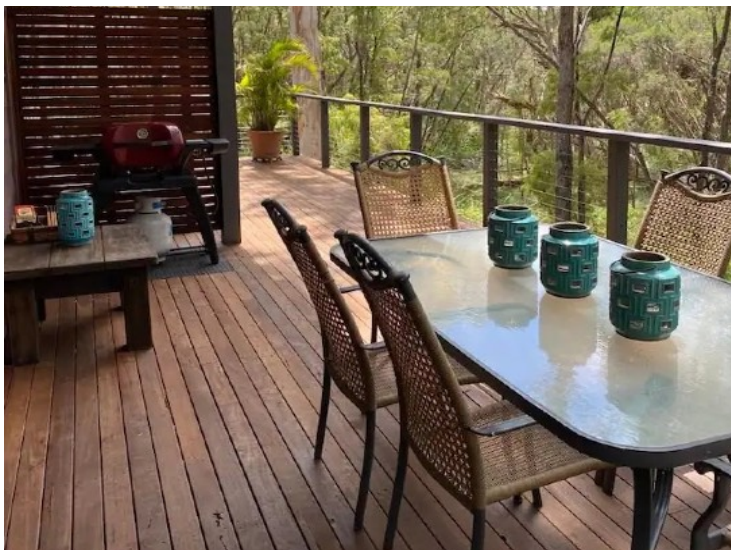




# Nullaki house

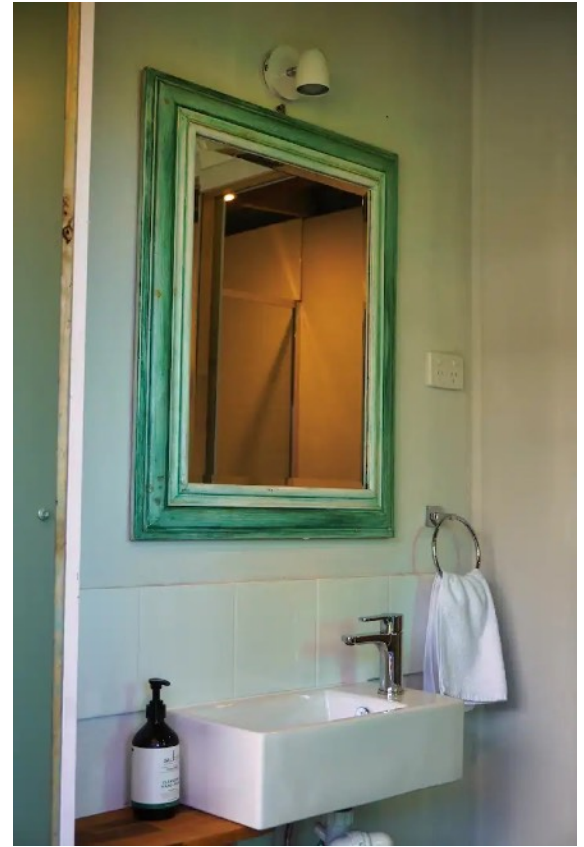








## Camping bathroom and kitchenette





### **How to secure your booking:**

Your place at the Chakra Cycles Meditation Retreat is **ONLY** secured when we have received your non-refundable deposit. The deposit is **AUD \$500 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 **19 March 2024** – one month before the retreat start date.

Please contact Jenna at [admin@mriac.com.au](mailto:admin@mriac.com.au) before you pay your deposit to ensure your selected room is still available.

After your place is secured, you will receive a confirmation email and a retreat contract to complete and return to us.



## **What is this retreat all about?**

We invite you to join us for a four night and five day retreat at the beautiful Padma Retreat Centre near Denmark, Western Australia, to take a journey of self-discovery through connecting with your chakra cycles.

Alongside offering a peaceful space to nourish your body and soul, this retreat will help you better direct the flow of life through learning about the yearly and seven yearly chakra cycles.

These cycles relate to the main seven chakras as the projectors and filters of our individual experiences in this lifetime. The chakras also imprint the learning integrated by the higher soul as we journey through life.

Becoming aware of what each chakra contributes and using this to interpret life's cues helps us become more empowered in our choices and actions.

This retreat will connect you more deeply with yourself through simple guided meditations, gentle body movement and breathwork, all of it suitable for wherever you are right now.

You will learn to determine the cycles and how to best work with them to guide self-reflection and access greater understanding of your power and purpose. Summaries will be provided to help you continue to apply the knowledge, or to also help loved ones or clients.

Padma's grounds sit among the karri trees within the wetlands that face the Nenamup Inlet, alive with abundant wildlife and fresh air coming off the Great Southern Ocean. You will have plenty of time to enjoy nature with walks or visits to local places, or just kick back and listen to the birds.

We are excited to share this piece of Heaven on Earth with you if you feel called to revivify your body, mind and spirit through deeper self-knowledge and relaxation.

## Retreat schedule

### DAY 1 – Friday 19 April 2024

#### Arrive at Padma Retreat Centre from 2.00pm

Check in and settle into your room.

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

Afternoon relaxation and time to enjoy the retreat grounds and surrounding areas.

#### Evening talk and meditation with Melaney - 4.00pm – 6.00pm

##### Topics of discussion -

- The impact of chronic stress.
- Calming the nervous system with abdominal breathing.
- The vagus nerve and vagal tone.
- Understanding the seven chakras and how they are the projectors of your reality.

##### Meditation practice -

- Guru Ram Das meditation.
- Muladhara chakra meditation (base chakra) - connecting to the nourishment of the Earth.

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

##### Alfresco long table dinner: 7.00pm

Join us under the stars for a candlelit dinner in nature as we come together to share an abundant nourishing meal.

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



## **DAY 2 – Saturday 20 April 2024**

### **Morning breath work journey - 8.30am - 9.15am**

Grounding and immersion in your breath - allow yourself to subtly reconnect to your balance and core through this guided breath work session to build inner strength and support essence and kidney chi.

Breakfast: 9.30am

**Free morning to relax at Padma or explore the beautiful local area of Albany (approx. 30 mins). Melaney will share some of her favourite places in town that you might like to visit. We also recommend Goode Beach - with its sheltered location, calming crystal clear water and pristine white sand, it's a lovely spot to spend some time.**

*We ask that you return by 2.00pm for lunch as our retreat meals are created with love and care for all attendees.*

Lunch: 2.00pm

### **Afternoon talk and meditation with Melaney - 3.30pm – 5.00pm**

Topics of discussion -

- Exploring your relevant yearly and seven yearly chakras.
- Understanding the chakra charts.
- How to work with your current chakra cycle.
- Exploring your goals, visions and tangible action setting.

Meditation practice -

- Empowering your personal presence meditation.

### **Free time - 5.00pm - 7.00pm**

Visit our local beach for sunset, or simply relax and unwind at Padma.

Dinner: 7.00pm

### **Evening talk and meditation practice with Melaney - 8.30pm - 9.00pm**

- Achieving your vision and understanding group consciousness.
- Discussion of the heart intelligence.
- Manifesting your goals through the heart intelligence guided meditation.

## **DAY 3 – Sunday 21 April 2024**

### **Morning walk and breath work at Lowlands Beach - 7.45am - 9.30am**

Enjoy a visit to our local beach (15 minutes drive from Padma) and enjoy a walk, grounding techniques and breath work with Svadisthana chakra meditation (navel chakra) to cultivate gratitude for the essence of the water.

Breakfast: 9.30am

**Time for rest, relaxation or activities of your choice** - meditation space will be open for silent reflection during this time (optional).

### **Morning talk and meditation practice with Melaney - 11.30am - 1.30pm**

Topics of discussion -

- Exploring our true nature and I Am.
- Dealing with challenging situations.
- Review and reflection time for journaling and intention setting.
- Building inner strength through the tan tiens.

Meditation practice -

- Yoni mudra meditation with essential oil scents to activate the heart energy and inward energy movement. Assists with connecting to stillness; promoting energy flow; calming the mind and nervous system; bringing intuition and insight; fuelling inner power and strength.
- Balancing fear and fright and relevant chakra affirmations for supporting courage.
- Figure eight technique.

Lunch: 1.30pm

Free afternoon for relaxation or a local outing of your choice.

### **Evening meditation practice with Melaney – 5.00pm – 6.00pm**

- Maripura chakra meditation (solar plexus chakra) with solar plexus breathing.
- Balancing stress and the vagal tone with tapping.
- Dance of Ganesha meditation.

Dinner: 7.00pm

### **Evening meditation practice with Melaney – 8.30pm – 9.00pm**

Anahata chakra meditation (heart chakra) - working with the sacred heart and seven doorways to the soul.



## **DAY 4 – Monday 22 April 2024**

Breakfast: 8.30am

### **Morning swim at Greens Pool and Elephant Rocks - 9.30am – 1.00pm (optional)**

Elephant Rocks - these massive, cracked oval boulders make a surreal sight as they gaze out upon the Great Southern Ocean. They are just like rugged stone elephants, without the trunks. Elephant Cove has a sacred feel to it, used as a birthing place over the centuries by Aboriginal Australians.

Greens Pool - one of Mother Nature's most inviting swimming pools, Greens Pool is among Western Australia's most iconic beaches. A picture postcard of clear emerald waters, pure white sand and sculpted rocks that shelter the bay from the swell beyond, it's a top spot for swimming, snorkelling and taking in the magnificent Great Southern coastline.

Lunch: 1.30pm

### **Afternoon talk and meditation practice with Melaney - 3.00pm – 4.30pm**

Topics of discussion -

- Understanding the 8th, 9th and 10th chakras.
- Monitoring the thoughts and calming the chatter and monkey mind.
- Monitoring of the thoughts technique.
- Having a voice.
- Voice strengthening technique and affirmation for achieving balance.
- Review and reflection time for journaling and intention setting.

Meditation practice -

- Vishuddha chakra meditation (throat chakra).
- Balancing worry and overthinking meditation to support hope.
- Affirmation for achieving balance.

### **Evening breath work and meditation with Melaney - 5.00pm - 6.00pm**

- Brahmai humming bee breath and being in the present moment.
- HUM mantra - allowing the mantra to relax your central nervous system.

Dinner: 6.30pm

Free evening to relax and unwind under the stars at Padma.

## **DAY 5 – Tuesday 23 April 2024**

Breakfast: 9.00am

**Final talk and meditation practice with Melaney - 10.00am - 10.45am**

Topics of discussion -

- Ajna chakra meditation.
- The pineal and pituitary glands' active role in meditation to build insight.
- Internal channel technique to assist with building intuition.
- Alternate nostril breathing.

Meditation practice -

- Linga mudra meditation with essential oil scents to activate the heart energy and upward energy movement. Assists with the integration of the masculine and feminine energies; energises the body and lungs; fuels the immune system; promotes confidence; relieves stress; helps with feeling drained or low in energy.

We will be holding space within the group energy during this meditation practice in acknowledgement of standing together as a like-minded community in support of unity here on Earth as we practice the Sahasrara chakra meditation (crown chakra).

Our morning meditation will be concluded with a short ceremony to honour the gift of life.

**Time to relax, collect your belongings and depart by 2.00pm**

**Extra accommodation offer -**

As we now have our own meditation retreat space, attendees are welcome to stay at Padma for extra nights after retreat.

Padma Chalets offers a discounted rate to all students of MRIAC - \$185 per night for two people, each extra adult is charged at \$50 per night and each extra child at \$30 per night. Infants stay for free.

Every booking will incur a \$70 cleaning fee. The rates are the same for both the Wolfes Landing and Nullaki chalets.

*\* Please note - this is a separate booking to be arranged personally through Padma Chalets. Please email Melaney and Matthew at - [admin@padmachalets.com.au](mailto:admin@padmachalets.com.au)*



## **Additional information about the Chakra Cycles Meditation Retreat**

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

Yes. Please make this request to Jenna when you pay your deposit. You can contact her at [admin@mriac.com.au](mailto:admin@mriac.com.au).

### **Will there be time for me to do my own thing?**

There certainly will be. We have scheduled free time where you may like to take a walk, visit a beach, journal, spend time with other retreat attendees or visit another local attraction.

### **Can my partner come with me if they are NOT attending the retreat?**

Unlike our international retreats, our local retreats are much smaller and more intimate in size. We ask that you do not bring partners with you unless they are also attending as a retreat participant.

### **Bringing children to the retreat**

We ask that you leave your little ones at home for the duration of this retreat - due to the small size and intensive nature, this retreat is an adult only event.

***We can't wait to share space and further anchor light at the Padma Retreat Centre in the beautiful great southern of Western Australia.***