

Mahat Meditation Retreat 2025

With Melaney Ryan



6 -15 March

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

6 – 15
March 2025

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 - \$7,100

- 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, 6 March 2025.*

- Welcome drink and a cool towel upon arrival.
- Nine nights accommodation including daily turn down.
- Breakfast and lunch every day (lunch on day seven 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).
- 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 a 40% discount 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).
- 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 **6 February 2025** – 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 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 – 6 March 2025

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. Any requests can be given to Jenna at this stage or at any time throughout the retreat.

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 6 March. 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 and support the infinite energy within the Mahatma energy with Om Purnamadah Purnamidam mantra to link to the infinite energy: 5.00pm

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

- **Sa Ta Na Ma mantra (Sa - infinity, Ta - life, Na - death, Ma - rebirth) - shedding of the old you and becoming your true self.**
- **Everything exists all at once.**
- **There is only one presence.**
- **Exploring the transcending of duality.**
- **The importance of activating the higher energy systems and how the lower emotions keep us in the smaller game/wheel of life.**
- **The infinite energy to activate the heart intelligence and the higher matrix.**
- **Meditation - the spinning technique to release negativity and fear based beliefs that are hindering you in co-creating.**
- **Grounding and breathing exercises and anchoring to the Earth.**

** 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 – 7 March 2025

Yoga stretching, grounding, anchoring to the Earth and HZ frequency meditation - aligning emotional imbalances: 8.00am - 8.45am

Breakfast: 8.45am onwards

Morning meditation practice: 11.00am - 1.00pm

- **Breathing and grounding exercises**
- **Meditation to align lower emotions**
- **Level one Mahat Meditation practice**
- **The five evolved elements**

Group lunch: 1.00pm

Free afternoon for rest, relaxation or activities of your choice as you decide OR optional meditation practice: 3.00pm - 4.00pm

- **Level two Mahat Meditation practice with manifestation technique**
- **Nam Myoho Renge Kyo mantra - to give us energy to continue forward in achieving our goals**
- **Visions/goals and tangible action setting including fuelling the centres of higher learning and Padma Retreat Centre**

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

Optional meditation practice: 5.30pm - 6.30pm

- **Level three Mahat Meditation practice with diamond technique**
- **Inflammation and how it affects the body**
- **Balancing offsets**
- **HZ frequency meditation for balancing inflammation/blood purification**

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

DAY 3 – 8 March 2025

Visit from local monks: 8.00am - 8.45am

This is an opportunity to give back to the local monks of the Hang Dong region of Chiang Mai, where Veranda is located.

The monks from the local temple will arrive at 8.00am where they will receive our offerings then offer us blessings and a chanting ceremony.

Breakfast: 8.45am onwards

Free morning for rest, relaxation or activities of your choice

OR

Optional meditation practice and discussion: 10.30am - 12.30pm

Melaney will be present for this time in meditation with the infinite energy HZ meditation, you're welcome to place your intentions within the group energy.

Discussion topics -

- **Cells have the ability to retain and update data**
- **Sacred geometry, the light vehicle Merkabah and its activation**

Group lunch: 1.00pm

Meditation practice: 4.00pm - 5.30pm

- **Level four Mahat Meditation practice**

This 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 4 – 9 March 2025

ITA Movement practice in nature for those who have studied this practice - others are welcome to join and watch: 8.00am

Breakfast: 8.45am onwards

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

• Level five Mahat Meditation practice

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

Discussion topics -

- How aligned speech, light and sound brings movement that creates a central point, crystallising the water content within you**
- How the fire (Divine Father consciousness) binds the water (Divine Mother consciousness) to create positive changes within the DNA**
- Rehabilitating DNA using eternal life energy**

Group lunch: 1.00pm

Optional meditation practice and discussion: 4.00pm - 5.30pm

- Level one Mahat Meditation - to integrate, align and reawaken**

Discussion topics -

- Thought consciousness - sexual energy and inner joy**
- The grand thought**

Sunday walking markets in Chiang Mai (optional): 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 – 10 March 2025

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 topics covered in this discussion will be at Melaney's discretion.

- **Level two Mahat Meditation practice to fuel movement of our goals/intentions**
- **Nam Myoho Renge Kyo mantra to give us energy to continue towards achieving our goals**
- **Guided meditation - empowering your personal presence**

Group lunch: 1.00pm

Optional afternoon reflection: 4.00pm - 5.30pm

- **Level four Mahat Meditation practice with re-imprinting**
- **Hum mantra**

Melaney will be present for this time in meditation with the level four Mahat Meditation and Hum mantra - this is a silent space and Mahats can enter and leave as they choose. You are welcome to meditate with Melaney and the group for the entire duration or can journal or goal set in the space.

Group dinner at WOO Cafe (optional) - 7.00pm - 10.00pm (approx.)

WOO Cafe is in a beautiful setting and in walking distance to the Woratot flower markets and the Ping River.

WOO Cafe has a lifestyle shop where you'll find ceramics and other homewares, walls lined with eclectic art and gorgeous fresh flower displays.

The food is a mixture of Thai and Western, and the cakes and fresh passionfruit soda are to die for!

This is a great way to enjoy a night out in Chiang Mai with our founder Melaney.

Please let us know two days prior if you will be joining us for dinner so that booking arrangements can be made.

DAY 6 – 11 March 2025

Optional meditation practice: 8.00am - 8.45am

Melaney will be present for this time in meditation to the Gayatri mantra - this is a silent space and Mahats can enter and leave as they choose.

Intentions will be set for world unity and to hold space for those who need it.

Breakfast: 8.45am onwards

Morning meditation practice: 11.30am - 1.00pm

- **Level one Mahat Meditation practice**
- **Level two Mahat Meditation practice with manifestation technique**

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 Bua Tong Waterfall: 2.30pm - 6.30pm (approx.)

- **Grounding and anchoring to the Earth's water reservoir - short meditation**

Bua Thong Waterfall near Chiang Mai is a small and beautiful multi-tiered waterfall in the jungle, made of limestone and mineral deposits. It has been nicknamed 'the sticky waterfall' because the limestone creates enough friction to stop slipping, making it very easy to climb.

There are five different levels to experience and steps on the side of the waterfall leading all the way to the bottom.

**Please note, this outing is reasonably active and better suited to people with a basic level of fitness*

Free evening for rest, relaxation or activities of your choice

OR

Optional meditation practice: 8.30pm - 9.30pm

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 reflecting on wisdom.

DAY 7 – 12 March 2025

**Energetic self care exercises and meditation to Lord Ganesha Mantra - goal setting:
8.00am - 8.45am**

Breakfast: 8.45 onwards

All day outing (optional) - 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). The Hindu god Ganesh 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.

We will visit an elephant camp that has a jungle waterfall and a mud bath for the elephants, truly giving you the 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 interactions with the elephants as they have a mud bath and then rinse off under the waterfall. If you bring swimwear, you will be able to give the elephants a mud bath and/or 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

DAY 8 – 13 March 2025

Yoga stretching, breathing and grounding: 8.00am

Breakfast: 8.30am onwards

**Morning at Wat Umong Temple and Bang Kang Wat art village (optional)
10.00am - 1.30pm**

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 craft makers, as well as offering coffee shops and art galleries.

Group lunch: 1.30pm

The Hum mantra will be played in the meditation space for those who would like to meditate, journal and/or set intentions. This is a silent space for you to come and go as you please: 3.00pm - 4.00pm

Evening discussion and meditation practice: 4.00pm - 6.30pm

- **How your natural core force is designed to organically attract what you need in life**
- **HZ infinite energy meditation to fuel goals and intentions**

DAY 9 – 14 March 2025

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 together - please note, we can make transport available for those 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

Melaney will be present for this time in meditation to the Hum mantra - this is a silent space and Mahats can enter and leave as they choose. You are welcome to meditate with Melaney and the group 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: 3.00pm - 5.00pm

- **Stretching and breathing exercises**
- **Level three Mahat Meditation to activate divine energy**

Optional meditation practice: 8.00pm - 9.30pm • Level one Mahat Meditation

- **Balancing the lungs using sound**
- **HZ frequency meditation to assist restful sleep**

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

DAY 10 – 15 March 2025

Final group meditation with placement of the infinite energy in 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 point where you will be dropped off, then collected a few hours later at the scheduled time.

You will need to book your place on the shuttle buses in advance to ensure there is a seat for you - this is 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 minutes.

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 March, the weather is warm to hot during the day. On average the humidity is quite low with a temperature anywhere between 26-35 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 (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 of 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@verandaresort.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 - 6 March 2025 (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 scheduled free time and outings for you to take part in if you wish. They are completely optional, so if you choose to stay at the resort 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.