

# Mahat Meditation Retreat 2023

with Melaney Ryan



Friday 15 - Tuesday 19 September

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 Mahat Meditation retreat Youngs Siding, Western Australia**

**Friday 15 - Tuesday 19 September 2023**

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 \$1500**

Private room with king bed and shared bathroom and toilet.

**Single room (queen) - AUD \$1400**

Private room with queen bed and shared bathroom and toilet.

**Share room with single bed - AUD \$1100**

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 - \$2700

One **queen** size bed and shared bathroom and toilet - \$2500

*\* 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.*

**Camping price - AUD \$800**

Camping space with the use of bathroom facilities.

**Special price per couple - camping - AUD \$1300**

**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.

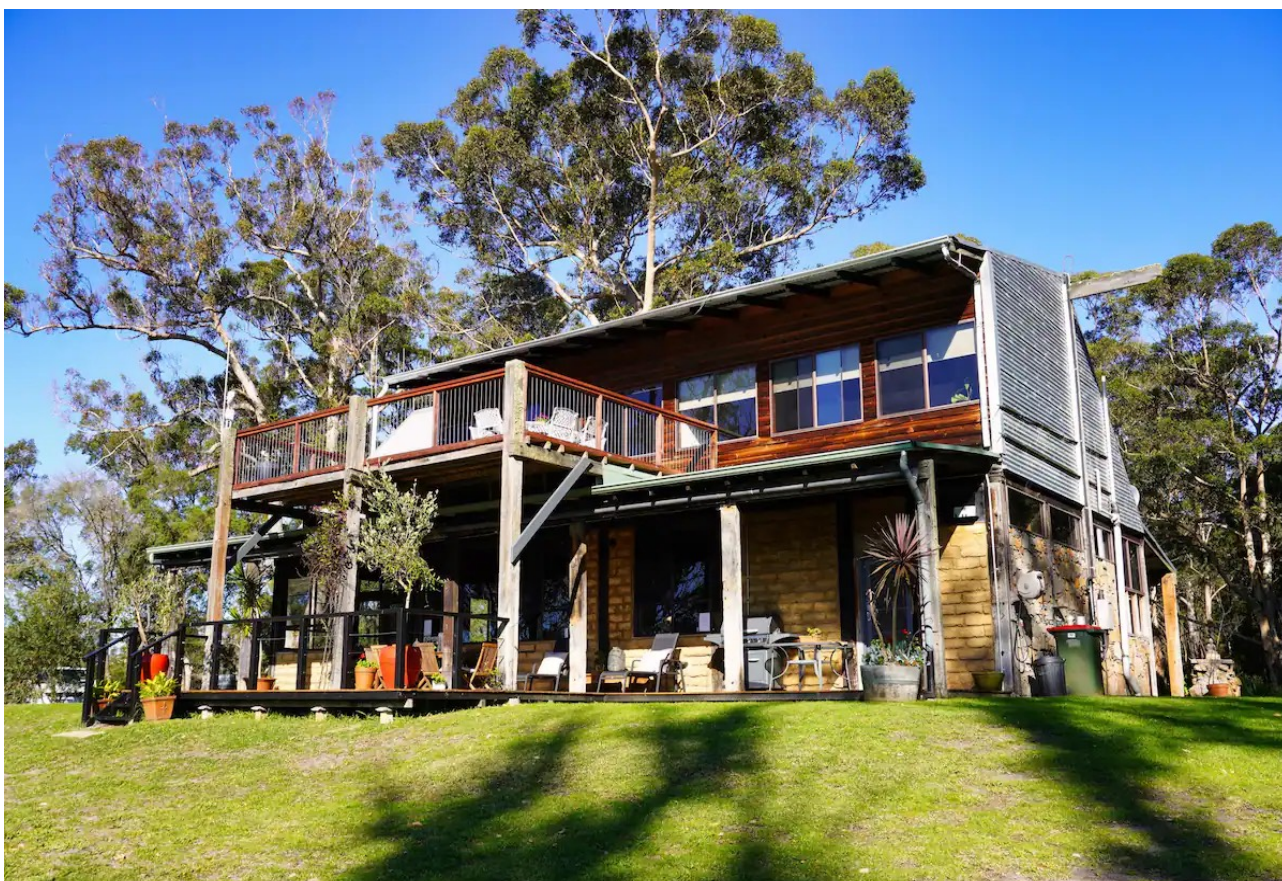
**The retreat fee does not include:**

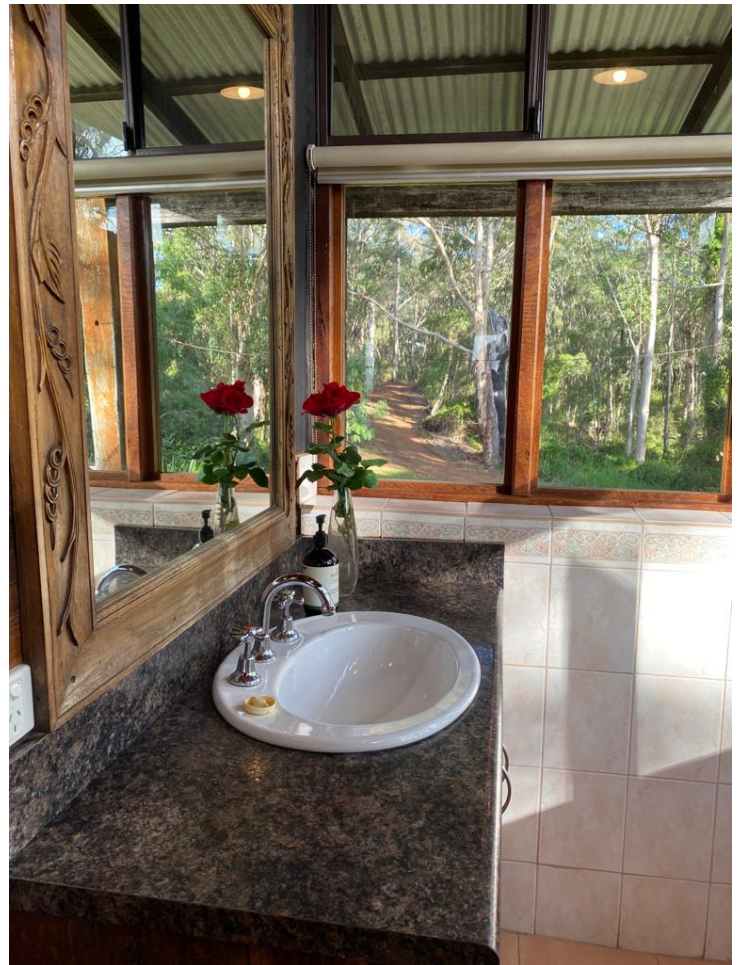
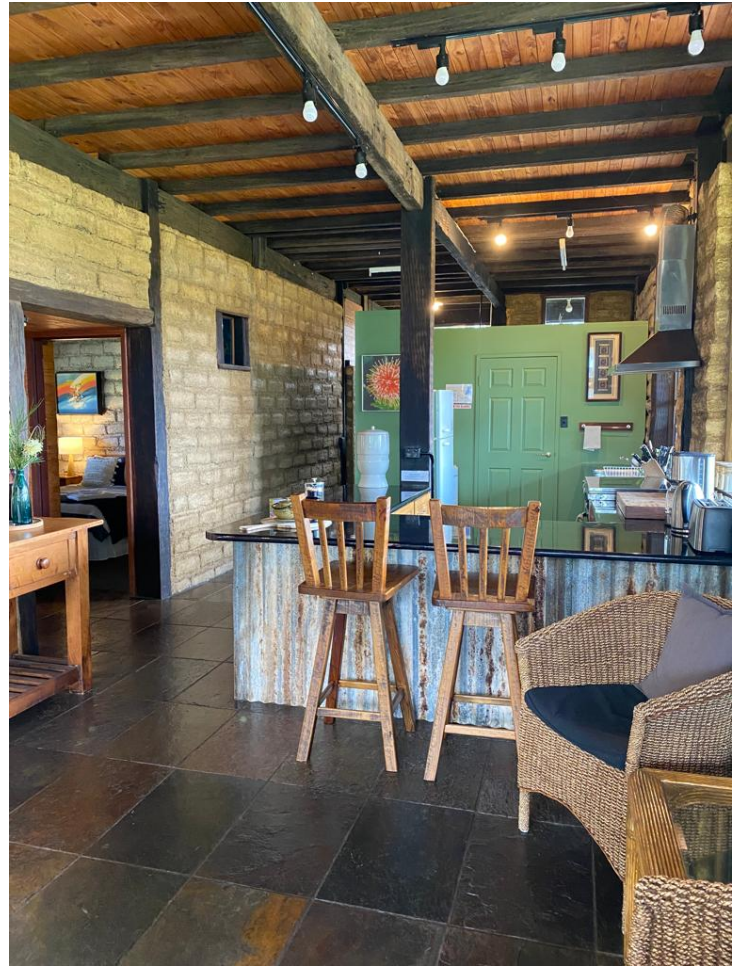
- Transport to Padma Retreat Centre.
- Transport over the duration of the retreat - if you choose to go to the beach or any other local places, you will need to use your own car or car pool with other Mahats.

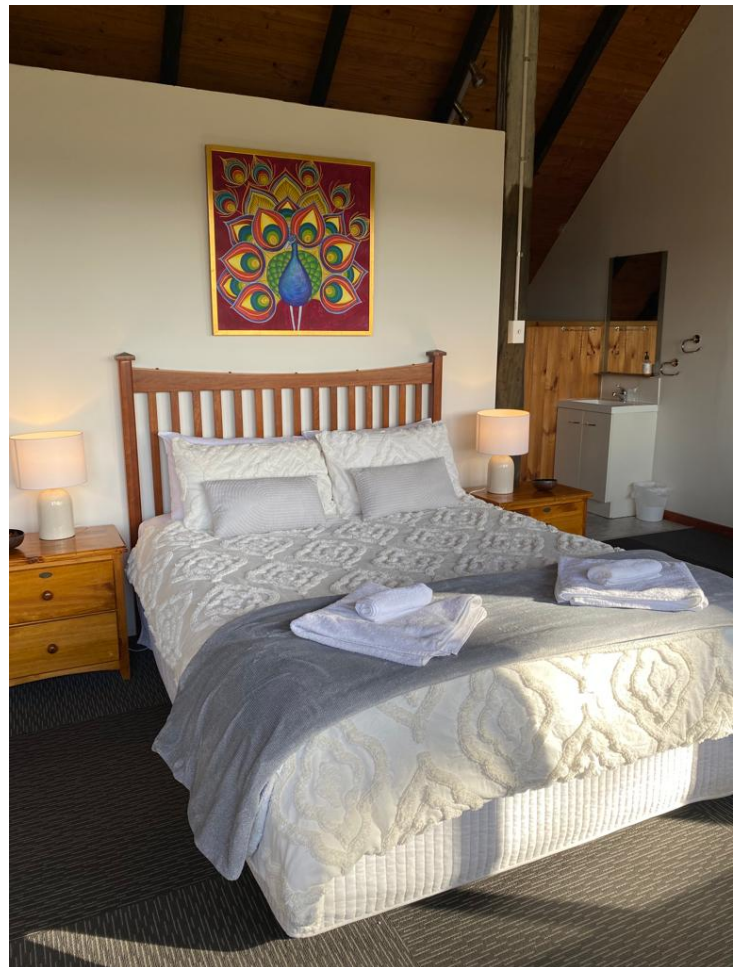
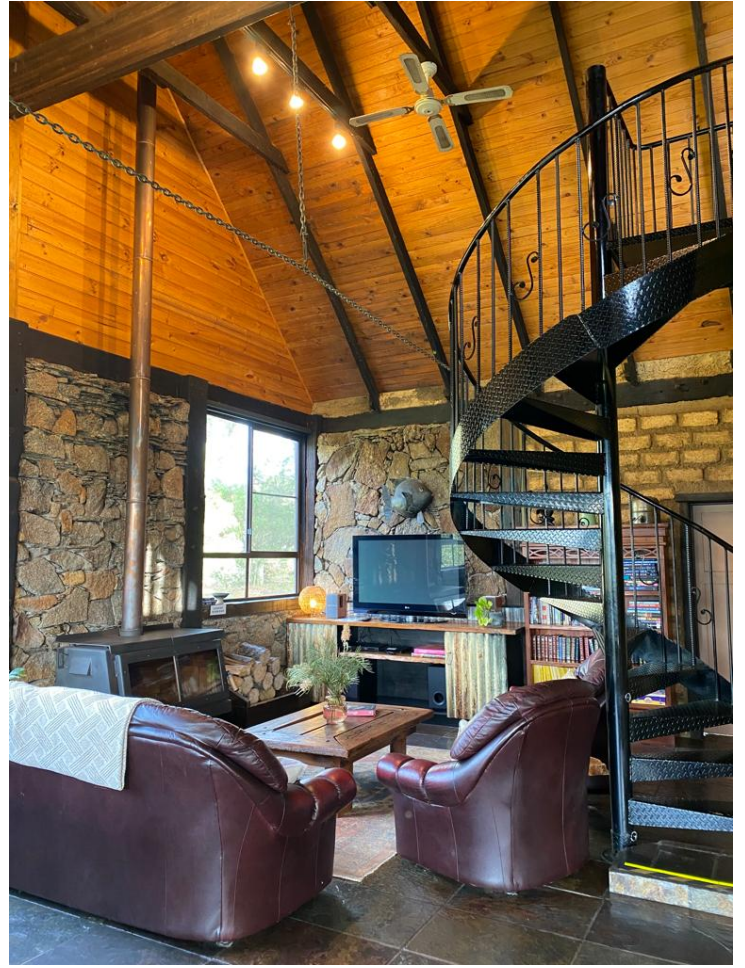
## Aerial view of Padma Pretreat Centre



## Wolfes Landing house



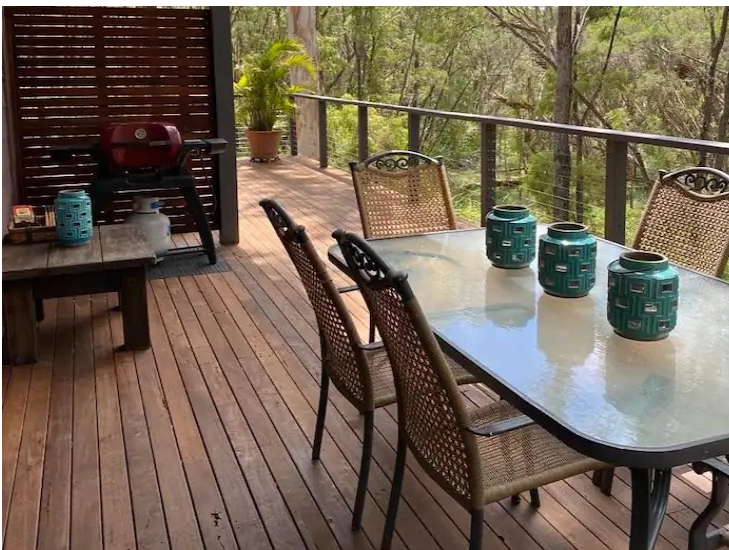




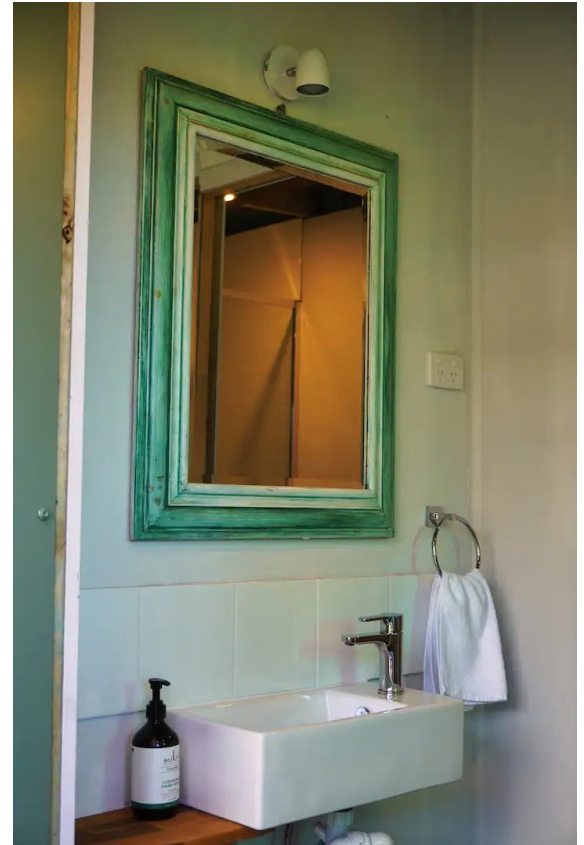
# Nullaki house







## Camping bathroom and kitchenette



### **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 \$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 **15 August 2023** – 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.

## Retreat schedule

### DAY 1 – Friday 15 September 2023

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

Check in and settle into your room.

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

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

#### Dharma sharing and evening meditation with Melaney - 4.00pm – 6.00pm

Welcome ceremony to anchor our group energy and enter our meditation space.

*Meditation practice -*

- *Level One Mahat Meditation*
- *Gayatri mantra*

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 with our community.

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

## **DAY 2 – Saturday 16 September 2023**

### **Morning breathwork practice in nature - 8.30am**

- *Padmasambhava mantra*

Breakfast: 9.30am

### **Free morning to explore the beautiful local areas of Youngs Siding, Nullaki, Denmark and Albany.**

*We ask that you return by 1.30pm for lunch as our retreat meals are created with love and care for all attendees.*

Lunch: 1.30pm

### ***Dharma sharing and afternoon meditation with Melaney - 3.00pm – 5.00pm***

*Meditation practice -*

- Breathwork
- Empowering your personal presence
- Level Two Mahat Meditation with manifestation technique

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

Time to explore the property with other Mahats, relax or head to our local beach beach at Lowlands to watch the sunset (15 minute drive).

Dinner: 7.00pm

### **Outdoor fire ceremony - 8.30pm - 9.30pm**

Join us by the Padma bonfire for a transformational fire ceremony to release what is no longer needed and call in the new.

As a powerful symbol of wisdom, passion and purification, the fire element offers us inner healing and transformation as we gather around it in ceremonial circle.

We will recognise what no longer serves us and explore intentions for what we are ready to release, making space to receive a higher self truth.

This simple yet profound ritual includes a sage offering and chanting to deepen our connection with the gifts of fire. See you fireside!

## **DAY 3 – Sunday 17 September 2023**

Breakfast: 9.00am

Time for rest, relaxation, reflection or activities of your choice

### **Dharma sharing and Meditation practice - 11.30am - 1.00pm**

*Meditation practice -*

- Breathwork
- Level Three Mahat Meditation
- Spinning technique

Lunch: 1.00pm

### **Stillness meditation at Elephant Rocks and walk at Greens Pool - 2.00pm - 4.30pm**

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, an original 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.

### **Dharma sharing and evening meditation practice - 5.30pm - 6.15pm**

*Meditation practice -*

- Level Four Mahat Meditation

Dinner: 6.45pm

### **Evening meditation practice – 8.00pm – 8.30pm**

- Seven doorways to the soul - heart activation using the group energy for our retreat gathering, community and world
- Sacred heart yantra

## **DAY 4 – Monday 18 September 2023**

Breakfast: 8.30am

### **Morning walk in the Harewood Forest - 9.30am – 2.00pm (optional)**

This is a gorgeous 2.8km walk through the lush riverine vegetation and tall karri trees. The trail follows the Scotsdale Brook for the first portion of the walk, before climbing up through the whispery karri oak and karri hazel trees to the top of the ridge. The views back down the valley are lovely as you follow the trail back to the carpark.

For those who prefer a shorter walk, the first 800m of trail along the river is also a great way to experience the karri forest.

There will be time for a swim at Ocean Beach before lunch for those who would like to, so bring your bathers if this appeals to you.

Lunch: 2.00pm

### **Dharma sharing and afternoon meditation practice - 3.30pm – 4.30pm**

*Meditation practice -*

- *Breathwork*
- *Level Five Mahat Meditation*

### **Sound healing with Dorthe Joy - 5.30pm - 6.30pm**

Be immersed in the sounds created by Dorthe Joy during this sound journey. A gong sound meditation is a form of therapy where sound waves and vibrational frequencies are used to access deep stages of relaxation and meditation.

Dinner: 7.00pm

### **Evening meditation practice - 8.30pm - 9.00pm**

- *Breathwork*
- *Hum mantra to fuel world unity and unified wealth*

## **DAY 5 – Tuesday 19 September 2023**

Breakfast: 8.30am

### **Final group meditation and closing ceremony - 9.30am**

We will be honouring the group energy and discipline and dedication of Mahats to date as we continue to meditate together to support unity and non-duality - our gift back to the Earth and present and future generations.

*Meditation practice -*

- *Manifesting your goals through the heart intelligence*

Personal intentions will be also fuelled here.

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

#### **Extra accommodation offer -**

As we now have our own meditation retreat space, retreat 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 houses.

*\* 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 Mahat 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 Mahats 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 a Mahat and 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 anchor in the Mahatma energy at the Padma Retreat Centre in the beautiful great southern of Western Australia.***