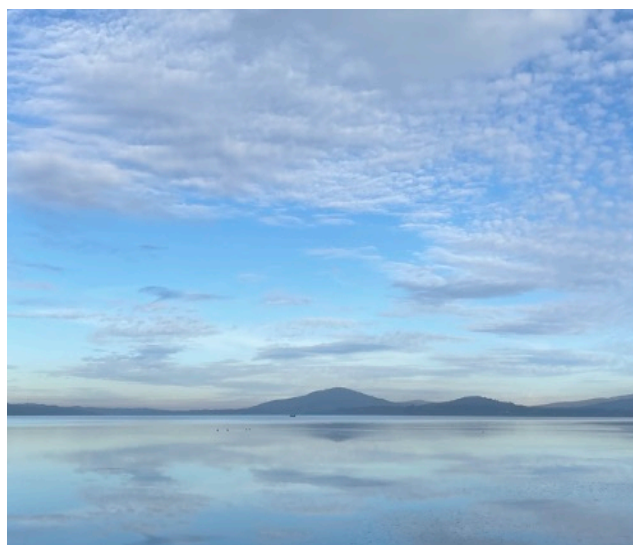
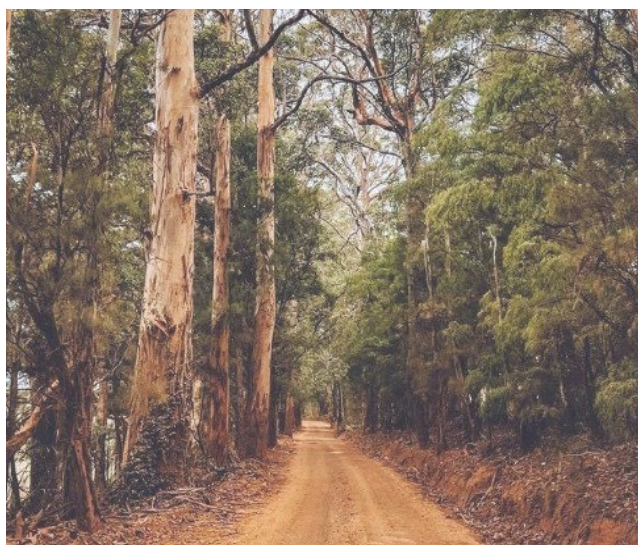


Transcendence Retreat 2024

With Melaney Ryan



Friday 15 - Tuesday 19 March 2024

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 Transcendence Retreat Youngs Siding, Western Australia

Friday 15 - Tuesday 19 March 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, wine and surf.

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 -

Wolfes 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 a BBQ and 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 BBQ.

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 \$1,500

Private room with king bed and shared bathroom and toilet.

Single room (queen) - AUD \$1,400

Private room with queen bed and shared bathroom and toilet.

Share room with single bed - AUD \$1,100

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 - \$2,700

One **queen** size bed and shared bathroom and toilet - \$2,500

** 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 retreat together.*

Camping price - AUD \$800

Camping space with the use of bathroom facilities.

Special price per couple - camping - AUD \$1,300

The retreat fee includes:

- Four nights accommodation at Padma Retreat Centre in Youngs Siding, Western Australia.
- Delicious and nourishing 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, sessions and talks with Melaney and guest facilitators.
- 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 participants.

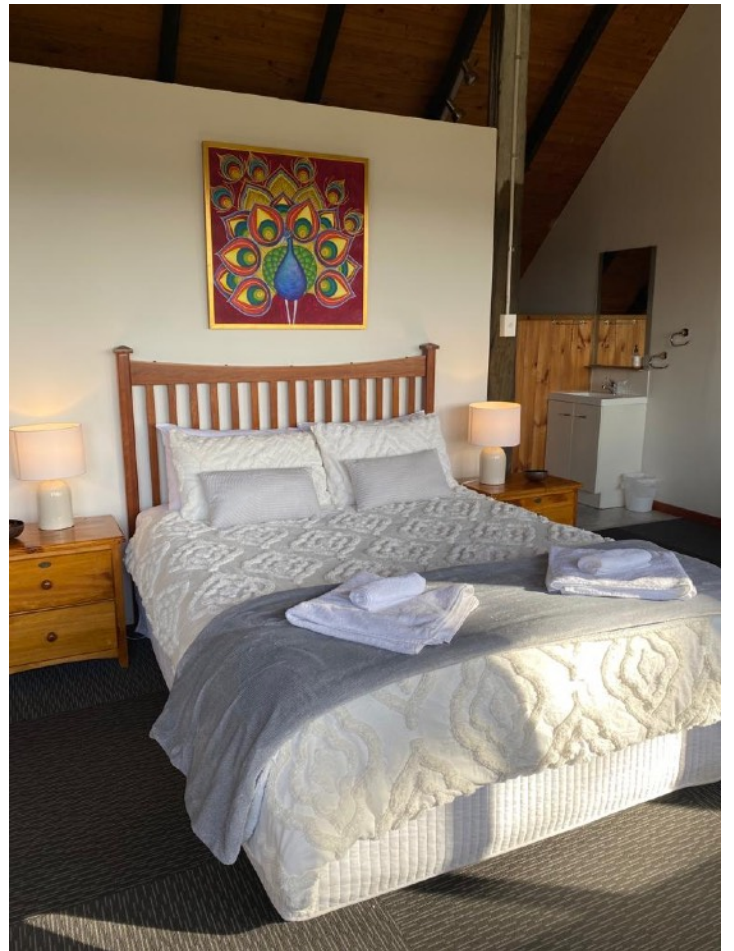
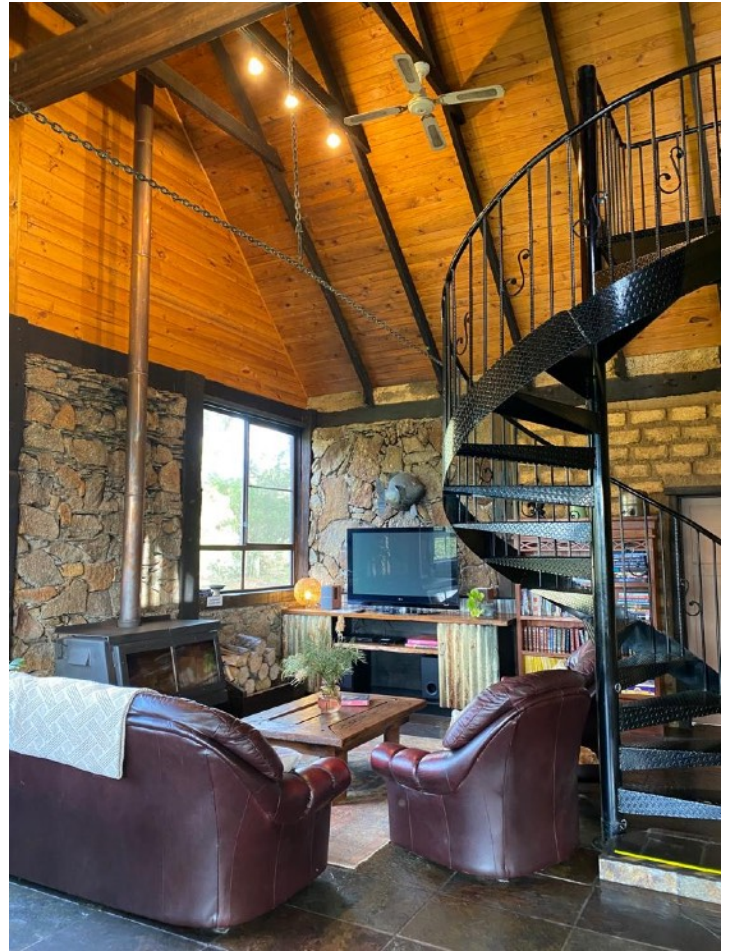
Aerial view of Padma Pretreat Centre



Wolfes Landing house





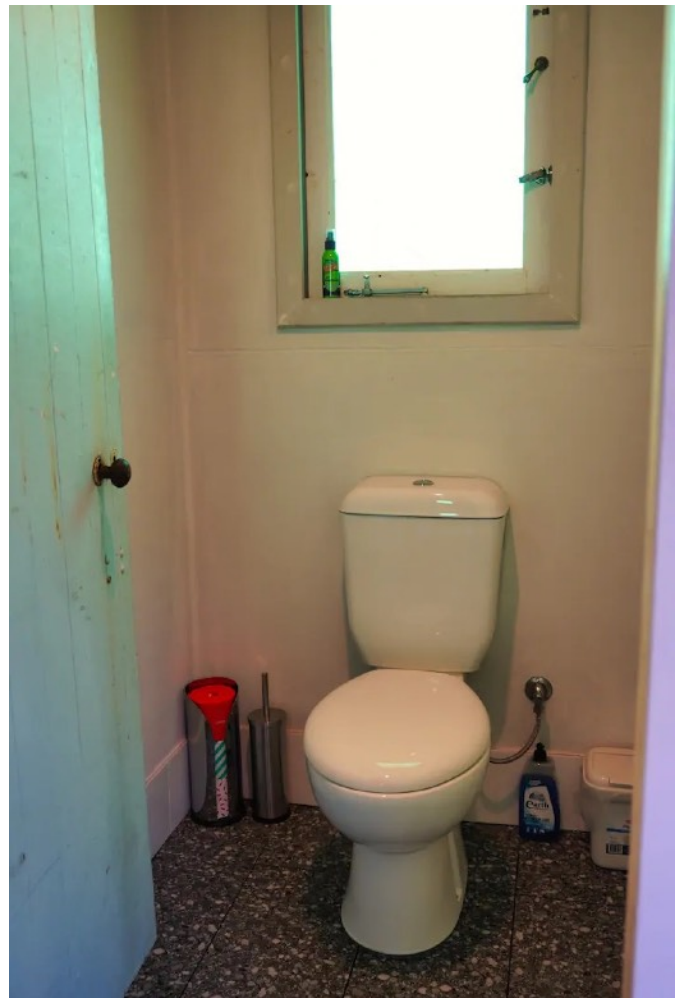
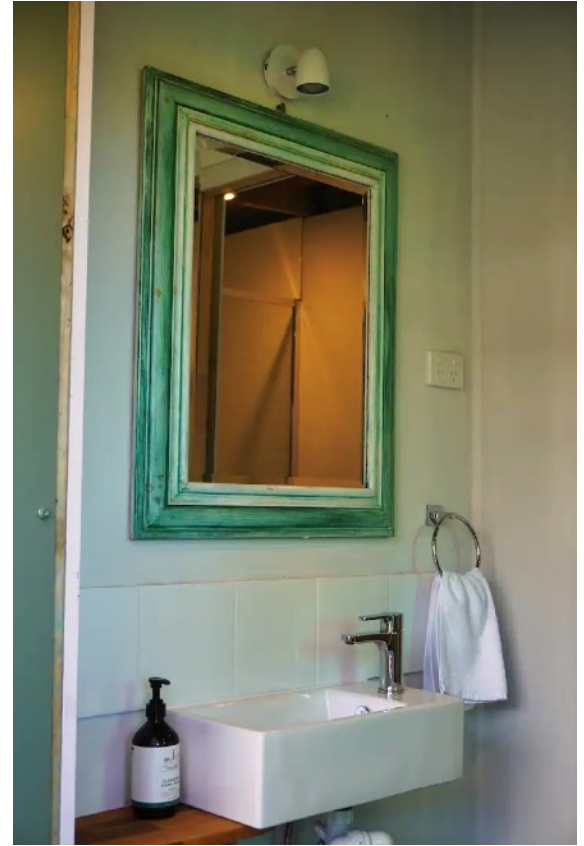


Nullaki house





Camping bathroom and kitchenette



How to secure your booking:

Your place at the Transcendence 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 February 2024** – one month before the retreat start date.

Please contact Jenna at 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 March 2024

Arrive at Padma Retreat Centre from 2.00pm

Check in and settle into your room.

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 -

- Activating the universal torus field to 'ascend'
- Align, anchor and tune our undercurrent tone and frequency
- Viewing and experiencing a situation without the duality
- Healthy boundaries
- The collective power of NOW
- Intent, affirmation and placement
- How avoidant attachment can run the 'movie', dictating the course of your relationships
- Remembering who you are and how to take your power back. Reprogramming and rewiring of the brain

Meditation practice -

- **Internal channel**
- **Sa Ta Na Ma mantra**
- **Clairaudience**

This meditation/interactive 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 March 2024

Morning breath work and grounding to the natural polarity in a closed circle within natural rock formations in the Nenamup inlet which carries connections to the waghyl rainbow serpent - 8.30am - 9.15am

True alignment and health is an outcome of our connection to the world around us. Grounding and immersion in your breath allows you to subtly reconnect to your balance and core through this guided breathwork session.

Breakfast: 9.30am

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

We ask that you return by 1.00pm for lunch as our retreat meals are created with love and care for all attendees.

Lunch: 1.00pm

Afternoon talk and meditation with Melaney - 2.30pm – 5.00pm

Topics of discussion -

- Ego self and the higher self - reveal yourself
- Reaching the full maturity needs both the masculine and feminine sides of the personality to be integrated into the higher game within consciousness
- Your darker aspects and the power they contain when you remember the unification of light and dark presence
- Vulnerability and attracting what is important to you
- The alchemist
- Meeting your inner twin - the divine is meeting us in all exchanges and experiences
- Reconnecting to nirvana - the universal flow. Our connection, review and reflection of standing in truth

Meditation/tools practice -

- **Exploring past lives**
- **Automatic writing**

Free time - 5.00pm - 7.00pm

Dinner: 7.00pm

Evening talk, meditation and interactive practice with Melaney - 8.30pm - 9.00pm

- Lucid dreaming and controlling your dreams
- The different layers of our intuition
- The lower and higher matrix
- Infinite possibilities

DAY 3 – Sunday 17 March 2024

Morning stillness walk on the Nenamup inlet - 8.00am - 9.00am

Awakening and energising the body through movement as we make a connection to the natural inner water reservoir in the area.

Breakfast: 9.00am

Time for rest, relaxation or activities of your choice

Morning talk, meditation and interactive practice with Melaney - 11.30am - 1.30pm

Topics of discussion -

- Clairvoyance and the 'inner divine spark' to co-create
- Our perception of reality versus the true reality
- Activating the heart, trusting your intuition, connecting with the elements, living in the present moment and reconnecting to stillness
- Respect for the natural laws of the universe and each other
- Being the director of your movie to empower and transcend
- Psychometry
- Exploring our true potential and supporting the water element
- Review and reflection time for journalling and intention setting
- Review and reflection of the water element, our connection to the water element and review on the importance of stillness, time to replenish and moving forward with action and accuracy

Meditation practice -

- **Psychometry**
- **The seed technique**

Lunch: 1.30pm

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

Melaney will be heading to the Harewood forrest after lunch to spend time in nature with the karri trees for anyone who would like to join.

Evening outing to Anvil Beach to honour the water element and enjoy the sunset - 5.00pm - 7.00pm

Dinner: 7.00pm

Evening meditation practice with Melaney – 8.30pm – 9.00pm

Meditation practice to the Teyata Gate Gate mantra with aligned breathing to unwind before resting

DAY 4 – Monday 18 March 2024

Morning gong and sound journey meditation with Dorthe - 8.30am - 9.30am

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.

Breakfast: 9.30am

Morning walk and swim at Elephant Rocks and Greens Pool - 10.30am – 1.30pm (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, 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.

Lunch: 1.30pm

Afternoon talk and meditation practice with Melaney - 3.00pm – 5.00pm

Topics of discussion -

- Telepathy and exploring our balance
- Monitoring the thoughts to dissolve the lack mindset
- Review and reflection time for journaling and intention setting.
- Review and reflection of the earth element, our connection to the earth element and review on clarity of thought, integration of inner joy, truth and balance.

Meditation practice -

- **Astral projection**
- **Telepathy**

Dinner: 6.30pm

DAY 5 – Tuesday 19 March 2024

Breakfast: 8.30am

Final ceremony in nature - 9.45am - 10.45am

We will be holding space within the group energy during this ceremonial practice in acknowledgement of standing together as a like minded community in support of unity here on Earth.

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 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*

Additional information about the Transcendence 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.

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 participants 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.

Is there an option to fly to Padma Retreat Centre?

Yes! You can fly into Albany airport, which is approx. 30 minutes drive. We offer a pick up service if you choose to arrive by air - please contact us for further information.

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.