

RETREAT SAMPLE ITINERARY

‘Blessed Be I, The Awakened One’

DAY	TIME	ACTIVIY	LOCATION
DAY 1			
DAY 1	2.00PM TO 3.00PM	Registration & Check In	Retreat Accommodation
DAY 1	3.00PM TO 3.30PM	Mary and Jonathan: Group Welcome, Housekeeping Introductions and Retreat Overview: What to Expect? Experiences you may have and how to work through these.	Meditation Temple
DAY 1	3.30PM TO 4.00PM	Open Heart Group Activity	Meditation Temple
DAY 1	4.00PM TO 6.30PM	Opening teaching with Mary for protection and grounding. Evolution of Human Consciousness <ul style="list-style-type: none"> • Love • Chakras 	Meditation Temple
DAY 1	7.00PM TO 8.00PM	Dinner	Main Dining Area

DAY 1	8.15PM TO 9.45PM	Evening transcendental meditation	Meditation Temple
DAY 1	10.00PM	Close of day	
DAY 2			
DAY 2	7.00AM TO 8.00AM	Guru Gita	Meditation Temple
DAY 2	8.15AM TO 9.30AM	Breakfast	Main Dining Area
DAY 2	9.30AM TO 10.00AM	30 Minute Silent Mother Connection Walk	Outdoors
DAY 2	10.00AM TO 11.30AM	Morning yoga	Outdoors
DAY 2	11.50AM TO 1.30PM	Teaching with Jonathan Movitz: Conscious Leadership, The Power of Choice, Divine Mind, Breaking Down Beliefs and The Enneagram.	Meditation Temple
DAY 2	2.00PM TO 3.00PM	Lunch	Main Dining Area
DAY 2	3.15PM TO 5.00PM	Psychic/Spiritual Development with Mary Mikhael (please bring workbooks) Topics include: Connecting with your guides, Chakra System, Love.	Meditation Temple

DAY 2	5.30PM TO 7.00PM	Belly Dancing	Indoors
DAY 2	7.30PM TO 8.30	Dinner	Main Dining Area
DAY 2	8.45PM TO 9.15PM	Hare Om & Chants	Meditation Temple
DAY 2	9.30PM TO 11.00PM	Movie or Night Meditation (individual choice)	Accommodation/ Meditation Temple
DAY 2	11.30PM	Close of Day	
DAY 3			
DAY 3	7.30AM TO 8.30AM	Guru Gita	Accommodation Venue
DAY 3	8.45AM TO 9.30AM	Breakfast	Main Dining Area
DAY 3	9.30AM TO 11.00AM	Teaching with Jonathan Movitz: Conscious Leadership, The Power of Choice, Divine Mind, Breaking Down Beliefs and The Enneagram.	Meditation Temple
DAY 3	11.00AM TO 12.30PM	Alone Time	

DAY 3	12.00PM TO 1.00PM	Face Painting: Your Inner Child	Accommodation Venue
DAY 3	1.00PM TO 1.30PM	Lunch	Main Dining Area
DAY 3	1.30PM TO 4.30PM	Teaching with Mary Mikhael: Consciousness Studies, Breaking Down Illusions, Group Activity, Questions & Answers	Meditation Temple
DAY 3	5.00PM TO 5.30PM	Mary and Jonathan: Thank-you and Goodbyes	Meditation Temple
DAY 3	5.30PM	Retreat Closed, Namaste.	

IMPORTANT

- This retreat is about discovering ones truth
- It is important to keep a silent space and respect others silent space
- In order for teachers to hold their connection it is important that any questions are asked during teachings and we hold silent space after meditations
- If you are experiencing anything that is making you feel uncomfortable or unsettled please speak with Stephanie who can direct you to Mary
- You may experience different variations and emotions of feelings so please be patient whilst you are working through these and trust that you are ok
- Please no shoes, phones or bags in the temple
- Please ensure you respect timings and arrive on time to ALL activities

- Please refrain from swearing
- Voice or Video recordings are not permitted at any time
- Please respect others opinions and beliefs
- Keep a bottle of water with you the whole time
- It is important you get lots of rest over the duration of the retreat