The Hearts Center 2014 Summer Youth Retreat
Sponsored by Mother Mary, El Morya and Meta
We are Aquarius Now! We Are Sustainable in Solar Love!
Livingston, Montana
June 23-25, 2014
All times MDT

Monday, June 23
6:00 am  Optional solar gazing, silent meditation, exercise, dip in the pond
7:30    Breakfast and sharing
8:30    Prayers, and HeartStream from beloved Mother Mary outdoors
9:30    Sharing, demonstration on Permaculture concepts by Zachary Weiss
        Permaculture work on the property
12:30 pm Lunch (Subway sandwiches ordered and picked up)
2:00    Hike up Spirit Ridge, demonstration of wilderness skills by John Nitzinger
6:00    Dinner (veggie hot dogs and shish kabobs over campfire)
7:30    Campfire with live guitar music, singing, laughing, talk
10:00   To the tents and to the retreats

Tuesday, June 24
6:00 am  Optional solar gazing, silent meditation, exercise, dip in the pond
7:30    Breakfast and sharing
8:30    Prayers, and HeartStream from beloved El Morya outdoors
9:30    Permaculture work on the property
12:30 pm Lunch (walk, bike or ride to Mark’s In and Out in Livingston)
1:30    Yellowstone River rafting (rafts in at Grey Owl, out at Mallard’s Rest)
6:00    Dinner (Chinese take-out)
7:30    Darshan with master of choice
8:30    Movie in Livingston or in David and Mona’s house, or
        open time with roundtable forum discussion
10:30   To the tents and to the retreats

Wednesday, June 25
6:00 am  Optional solar gazing, silent meditation, exercise, dip in the pond
7:30    Breakfast and sharing
8:30    Prayers, and HeartStream from beloved Meta outdoors
9:30    Permaculture work at HLR
12:30 pm Lunch (bag lunch)
        Chico Hot Springs for 90 minutes; hike to Pine Creek waterfall
5:30    Dinner (watermelon and snacks)
7:00    Kirtan/bhajans at the Livingston Sanctuary of the Heart, or
        open time/discussion/planning for future retreats
10:00   Circle of Oneness/group hug/sealing of the retreat /to tents or home.