

The Hearts Center presents

2024 Meru University Event

In the Garden with Anastasia VII: Nature's Miracles, Food Forest and Elemental Joy

June 19, Paradise Permaculture Institute, Livingston, MT

ONSITE ATTENDANCE ONLY- NOT BROADCAST

All Times MDT

Location: Morning session is at the property of David and Mona Lewis, a model permaculture demonstration and teaching garden for Paradise Permaculture Institute (PPI). Afternoon session is at the Healing Light Retreat (HLR), a nondenominational center that welcomes all who seek wholeness and health.

Wednesday, June 19

- 7:00 am Breakfast on your own
- 8:00 Registration open (Preregistration is recommended due to the early time).
Paradise Permaculture Institute (PPI) session
- 8:30-9:00 Essene Morning Meditation / Exercises
- 9:00-9:30 Paneurhythmy. (Suggested wearing white).
- 9:30-10:00 Guided walk around PPI
- 10:00-10:15 HeartStream: discourse, darshan and/or dictation
- 10:15-10:30 Intermission
- 10:30-12:30 pm Permaculture mini-class taught by Mona Lewis
- 12:30-1:30 Carpool to HLR. Please be prepared for possible extended driving time due to road work
- 1:30 - 2:30 Lunch at HLR (Free Salad Buffet provided by Dan and Nancy Lach)
- 2:30 to 4:30 **Healing Light Retreat (HLR) session.** Address provided in post-registration letter
- Guided walk around HLR. Observe Vaastu Temple and Orchard. Optional meditation at Vaastu Temple (Temple fits 4-6 people)
- 4:30 Optional: Chico Hot Springs or stay at HLR.
Chico Hot Springs address: 163 Chico Rd, Pray MT. Driving time from HLR is about 15 minutes. Pricing: Adults and Children Ages 7+: \$14; Children Ages 3-6: \$8; Seniors Ages 65+: \$8. Towel Rental: \$2.50
- 6:00 Dinner- Optional dinner at The Grill at Sage Lodge
Address: 55 Sage Lodge Drive, Pray, MT 59065. Varied prices. [Menu](#).

Program is subject to change. For outdoor activities, we may make schedule changes due to weather.

6/10/24