

**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**

**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 am 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

9:30-10:00 Walk around PPI

10:00-10:15 HeartStream: discourse, darshan and/or dictation

10:15-10:30 Intermission

10:30-12:00 Permaculture mini-class taught by Mona Lewis

12:00-12:45 Carpool to HLR

1:00 - 2:00 Lunch at HLR

2:30 to 4:30 **Healing Light Retreat (HLR) session.** Address provided in post-registration letter

Walk around-Meditation at Vaastu Temple

Talk by DCL with discussion (Possibly inside HLR building)

4:30 to 6:00 Optional: Chico Hot Springs or stay at HLR

6:00 -7:30 Dinner- Optional dinner at The Grill at Sage Lodge