

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.