

## ONLINE – INNER HEART, SPIRITUAL RETREAT, MRT

24– 27 July 2020

With joy and gratitude to True Source, Natural Way of Living will be holding online Inner Heart workshop, Spiritual Retreat, and MRT on 24-27 July 2020.

### VENUE

Online using Zoom

### SCHEDULE

#### Inner Heart Workshop

Friday, 24 July 2020 10:00 am to 6:00 pm New York time

#### Spiritual Retreat

**Including Preparation to MY1-1, MY1-1, MY1-3 and attunement prayer for MY1-4**

Friday, 24 July 2020 0730 pm to 0930 pm New York time

Saturday, 25 July 2020 10:00 am to 0930 pm New York time

Sunday, 26 July 2020 10:00 am to 0845 pm New York time

#### MRT

Sunday, 26 July 2020 9:00 pm to 11:00 pm New York time

Monday, 27 July 2020 10:00 am – 6:00 pm New York time

**The retreats will be conducted in English language. Other language translation will be available depending on the availability of volunteers**

FRIDAY	SATURDAY	SUNDAY	MONDAY
<b>0730</b>	<b>25 July</b>	<b>26 July</b>	<b>27 July</b>
<b>10-6PM NYtime Inner Heart</b>	10 am – 6 pm NY time Spiritual Retreat	10 am – 12 pm NY time Masteryoga 1-1  12pm – 6 pm NY time Spiritual Retreat	10 am – 6 pm NY time MRT
<b>0730PM - 930PM NY Time Spiritual Retreat</b>	0730pm - 0930 pm NY time Masteryoga 1-1 Preparation	7 15pm – 8pm NY time Masteryoga 1-3  8 pm -0845 pm NY time Masteryoga 1-4  9 pm – 11 pm NY time MRT	

\*All times stated above for MYI-1, MYI-3 and attunement for MYI-4 are estimates

## PREREQUISITE FOR NEW PARTICIPANT

Please note that the following prerequisites must be fulfilled by all NEW Participant of each workshop

### Inner Heart Workshop

- Have attended Reiki TUMMO Levels 1, 2, 3A, Meditation and Kundalini, OR have attended Open Heart Workshops Level 1-6
- 5x Open Heart Prayer/Meditation with senior alumni or coordinators online or in person
- Have practiced heart strengthening at least 15x and Quick Charge at least 10x (recommended to do as often as possible)

### Spiritual Retreat

- Have attended Inner Heart Workshop
- Must be accompanied and supported directly in person in the same place by someone who has done **2x Spiritual Retreat and 1x MRT** (max, 2 new SR participants per 1 **2xSR + 1xMRT** buddy)
- Must sign "New SR Participant Statement"

### Masteryoga 1-3

- Have practiced MY1-2 21x (max once/day)
- 20x Open Heart Prayer/Meditation with senior alumni or coordinators online or in person after starting MY1-2 practice

### Masteryoga 1-4

Have practiced MY1-3 21x (max once/day)

### MRT

- Have attended Inner Heart twice
- Have attended Spiritual Retreat twice
- Able to feel with the inner heart
- Have done Open Heart Prayer a minimum of 15 times through online prayer sessions or in a group with senior alumni

## WORKSHOP FEES

	Inner Heart		Spiritual Retreat		MY1-1 & MY1-2	MY1-3 & MY1-4	MRT	
	New	Repeat	New	Repeat	New	New	New	Repeat
USD	160	60	250	120	150	150	200	80
AUD	200	60	340	150	175	175	250	100
SGD	200	60	350	150	175	175	250	100
NZD	220	65	370	165	190	190	275	120
EUR	160	60	250	120	150	150	200	80
GBP	130	50	210	100	125	125	170	70
MYR	600	180	800	450	525	525	750	300
IDR	1.200.000	500.000	1.750.000	900.000	1.250.000	1.250.000	1.350.000	750.000

You will receive payment instructions only after your registration has been confirmed by the committee

## WORKSHOP DISCOUNT

<b>Discount Category for New Participant</b>		
Valid for Online IH, SR, MY1-1, MY1-3, and MRT July 2020		
1	Seniors > 60 years old	25%
2	Student 12 – 23 years old	25%
3	Financial difficulties / unemployed /recently made redundant / because of serious illness *)	40%
4	Children 9 -12 years old	50%
5	Special discount for doctors & nurses who are in the frontline combatting Covid-19 *)	50%

\*) notes:

3 - you must sign financial difficulty declaration form

5 – not including dentist, retired doctors/nurses, or other doctors and nurses that are not working with Covid-19 patients

<b>Discount Category for Repeaters</b>		
Valid for Online IH, SR, MY1-1, MY1-3, and MRT July 2020		
1	<ul style="list-style-type: none"> <li>Padma instructor teaching at least 2 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Coordinator who has organized at least 2 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Regression Guide with min. 40 sessions in the past 12 months</li> <li>For those who will be a buddy for new SR (and TSR) participants...will receive 25% on repeaters price</li> </ul>	25%
2	Direct family members of coordinator / instructor / regression guide who are getting at least 50% discount and above *)	25%
3	Financial difficulties / unemployed /recently made redundant / because of serious illness *)	40%
4	<ul style="list-style-type: none"> <li>Padma instructor teaching at least 4 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Coordinator who has organized at least 4 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Regression Guide with min. 60 sessions in the past 12 months</li> </ul>	50%
5	Special discount for doctors & nurses who are in the frontline combatting Covid-19 *)	50%
6	<ul style="list-style-type: none"> <li>Padma instructor teaching at least 6 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Coordinator who has organized at least 6 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Regression Guide with min. 100 sessions in the past 12 months</li> </ul>	75%
7	<ul style="list-style-type: none"> <li>Padma instructor teaching more than 8 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Coordinator who has organized more than 8 sets of workshop in the past 12 months (with min. 8 new participants in the second workshop of the set)</li> <li>Regression Guide with min. 150 sessions in the past 12 months</li> </ul>	100%
8	Senior Instructors/Coordinators who qualify for a special discount have been issued a letter from HO and will present upon registration	

\*) notes:

3 - you must sign financial difficulty declaration form

5 – not including dentist, retired doctors/nurses, or other doctors and nurses that are not working with Covid-19 patients

A set of workshop meaning either [RT1&2], [RT3A & Meditation + Kundalini], [OH1&2], [OH 3&4], or [OH 5&6]

Immediate Family Terminology:

○ Single: Parents, unmarried siblings

Married/in a permanent relationship : Parents, spouse, unmarried children

## OTHER TECHNICAL NECESSITIES / REQUIREMENTS

- You have access to computer and adequate internet connection to use Zoom. More than 1 participant can share 1 computer.
  - Mic must be functioning adequately
  - Speaker must be functioning adequately
  - Camera must be functioning adequately
- Room must be adequately quiet because there will be partner/group practices, so no noise shall be present that may disturb others
- **Enough space to move around comfortably**
- You have a private room, where nobody could enter in / out of your room during the duration of the online retreat
- Make time away from daily busy-ness, ensure to assign your duties/responsibilities to another person so you are free during the retreat
- Please prepare snacks, meals beforehand so you are not busy with meal preparation etc during the retreat
- Before and after the retreat, you may continue to do housework and interact with your family etc. as long as it does not make you busy/stressed out

### NOTES:

- In the case that there is power failure/internet problems, this is the participant's responsibility and no refunds will be made.

## REGISTRATION

Please ensure that you fill in the registration form properly and completely. Registration link:

<http://bit.ly/Jul20SR>

Once you have filled in all the forms properly and submitted successfully, you will receive an auto-reply via email from google.(no reply email) This is not a confirmation from the committee.

The committee will check one by one whether or not each participant has fulfilled the requirements (verification) and sending you the confirmation email.

You are officially registered once you receive confirmation email from the committee, have transferred the correct amount of total fees and send proof of transfer as your confirmation.

Maximum number of participant is 1000 persons.

We recommend that you only join this retreat if you can fulfill all the prerequisites and be wholehearted in joining the retreat. If you have other responsibilities/obligation such as work, children, elderly parents or an unsuitable time zone (if you are not well/elderly) it is better not to force yourself to join.

If you are in a different time zone, it is advisable that 1 day before you already adjusted to New York time zone.

As it is best to observe the social distancing advice by the government, please only share computers with other healthy members of your family/those who are living with you in the same house. If you are feeling unwell or exhibiting symptoms of flu/covid/other virus, please ensure to self isolate to keep everyone safe.

**Latest date for registration: 20 July 2020 7 pm New York time or if there is no more vacancy before 20 July 2020.**

## **ADDITIONAL ADMINISTRATION FEE FOR LATE REGISTRATION**

Participants who register **after 20 July 2020 7 pm New York time** (if there is still vacancy), will be penalized \$ 25 equivalent /person for late registration fees.

## **PAYMENT**

Please do not make a transfer before receiving confirmation email from the committee.

Please ensure that you transfer the proper amount.

If the transfer is not from your bank account, please inform us the account's name.

Please attach the proof of transfer to [registration@naturalwayofliving.com](mailto:registration@naturalwayofliving.com) by replying to the confirmation from the committee.

## **CANCELLATION**

Because the retreat will be conducted in a very short time frame from when the registration opens, for those who already submitted the form and have received a confirmation email from the committee, no cancellations are allowed. However, for cancellations due to sudden & unexpected matters, please email: [registration@naturalwayofliving.com](mailto:registration@naturalwayofliving.com) and also send your notice of cancellation via whatsapp to +628129239345 at least 1 day before the retreat start. There will be no refunds for cancellations without prior approval that will be considered on a case by case basis.