



HAK
retreats

at The Great Stupa

EVENT PROGRAM INFORMATION

3.00 PM

Check in

5.00 PM

Welcome to Country/ Smoking Ceremony

The Dja Dja Warrung people welcome us to their land.

6.00PM

Dinner

Delicious plant-based meals cooked lovingly are a feature of this retreat.

7.00 PM

Introduction to the experience with Tenzin Ösel Hita

Ösel will lead key sessions throughout the retreat.

8.45 PM

Break

9.00 PM

Sound Experience

Onezee State awakens the depths of our nature through play, movement and expansion

Spending time with a group provides opportunities for shared experiences, diverse perspectives, and collaborative learning, which is metaphorically enriching. Everyone is participating together in the activities, boosting our desire to share, grow and improve.

Tenzin Ösel Hita

Day 1 Habit Alignment Key - 9th Dec



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7.00 AM

Gratitude Meditation and Yoga

Experienced yoga teacher Ani Drime guides us through meditation and yoga practice.

8.00 PM

Breakfast

9.00PM

Waking from the Dream

with Tenzin Ösel Hita

10.30 PM

Break

10.45AM

Approaching Veganism

Tom Truty shares his long experience as a vegan and organiser of vegan events.

11.15 AM

Vegan Cooking Masterclass

Long-time retreat cook, Katie Ward, demonstrates how food can nourish and delight.

12.15 PM

Lunch

2.00 PM

Chat about Emptiness

Buddhist teacher Ven. Gyatso explores how we perceive reality

3.15 PM

Break

3.30 PM

Chat About Quantum Physics

5.00 PM

Break

6.00 PM

Contact Activation

with Ösel Hita

6.30 PM

Dinner

7.30 PM

Understanding Our True Nature and Potential with Ösel

8.30 PM

Sound Experience 2

with Ösel Hita and Onestate Ze

Day 2 Habit Alignment Key - 10th Dec



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7.00 AM

Gratitude Meditation and Yoga

Experienced yoga teacher Ani Drime guides us through meditation and yoga practice.

8.00 PM

Breakfast

9.00 PM

Getting Out of the Dream 2

Ösel Hita guides us incorporating a group interactive session.

10.30PM

Break

10.45AM

Conscious Consumerism

Tom Truty explores how we can practice conscious consumerism in our lives.

11.15 AM

Vegan Cooking Masterclass

Long-time retreat cook, Katie Ward, demonstrates how food can nourish and delight.

12.15 PM

Lunch

2.00 PM

Practical Ecological Awareness

Mark Allaway is the Regional Coordinator of the Global Tree Initiative.

3.15 PM

Break

3.30 PM

History of Humanity

Kike Mantecon shares his experiences of healing & charting the histories of ancient peoples.

5.00 PM

Break

6.00 PM

Contact Activation 2 with Ösel

6.30 PM

Dinner

7.30 PM

Understanding Our True Nature and Potential 2 with Ösel

8.30 PM

Sound Experience 3 with Ösel and Onestate Ze

Day 3 Habit Alignment Key - 11th Dec



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7.00 AM	Gratitude Meditation and Yoga
8.00 AM	Breakfast
9.00AM	Getting Out of the Dream 3 Ösel Hita guides this session which incorporates discussion groups.
11.00AM	Break
11.15AM	Vegan Cooking Masterclass 3
12.15 PM	Lunch
2.00 PM	Flow, Creativity, Vulnerability, Curiosity Kristina Mah explores dancing with self-doubt & resting in the discomfort of vulnerability.
3.15 PM	Break
3.30 PM	Chat About Natural Medicine Kike Mantecon has studied Ayurveda, the original native medicine of Asia since 2012.
5.30 PM	Break
6.00 PM	Contact Activation 3 with Ösel Hita
6.30 PM	Dinner
7.30 PM	Understanding Our True Nature and Potential 3 with Ösel Hita
8.30 PM	Sound Experience 4 with Ösel and Onestate Ze

Day 4 Habit Alignment Key - 12th Dec



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7.00 AM

Gratitude Meditation and Yoga

8.00 AM

Breakfast

9.00 AM

Group Interaction Session

Wrap up and Walk

10.30 PM

Break

10.45 AM

Closing Talk with Tenzin Ösel Hita

12.15 PM

Lunch

1.30 PM

Check Out

'The HAK provides the potential for our minds to become more flexible, more understanding, open, happier and productive..'

Tenzin Ösel Hita

Day 5 Habit Alignment Key - 13th Dec