



natural way of living



Dear Everyone :)

With joy and gratitude to True Source, Natural Way of Living will be holding Online Inner Heart workshop, Spiritual Retreat & MRT taught by Ed Rubenstein & Sally Mydlowec in English on March 19 - 22, 2021.

[LEARN MORE / REGISTER](#)

VENUE

Online using Zoom

SCHEDULE

Inner Heart Workshop

- Friday, March 19, 2021
10:00 am - 6:00 pm New York time

Spiritual Retreat

Including Preparation to MY1-1, MY1-1, MY1-3 and MY1-4

- Friday, March 19, 2021
7:30 pm - 9:30 pm New York time
- Saturday, March 20, 2021
10:00 am - 9:30 pm New York time
- Sunday, March 21, 2021
10:00 am - 8:00 pm New York time
- Monday, March 22, 2021
10:00 am - 10:45 am New York time

MRT

- Sunday, March 21, 2021
8:00 pm - 10:00 pm New York time
- Monday, March 22, 2021
11:00 am - 6:00 pm New York time

FRIDAY	SATURDAY	SUNDAY	MONDAY
19 Mar 10am - 6pm NY Time Inner Heart 7:30pm - 9:30pm NY Time Spiritual Retreat	20 Mar 10am - 6pm NY Time Spiritual Retreat 7:30pm - 9:30pm NY Time Master Yoga Prep	21 Mar 10am - 12pm NY Time Master Yoga 1-1 12pm - 6pm NY Time Spiritual Retreat 7:15pm - 8pm NY Time Master Yoga 1-3 8pm - 10pm NY Time MRT	22 Mar 10am - 10:45am NY Time Master Yoga 1-4 11am - 6pm NY Time MRT

PREREQUISITE FOR NEW PARTICIPANT

Please note that the following prerequisites must be fulfilled by all NEW Participants 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 OR have attended Secrets of Natural Healing Workshops Level 1-6
- 5x Open Heart Prayer/Meditation with senior alumni or coordinators online or in person

Spiritual Retreat

- Have attended Inner Heart Workshop
- Must be accompanied and supported directly, in-person, in the same place by a Retreat Buddy who meets the requirements listed below
- Must sign and upload "New SR Participant Statement" as part of registration

Buddy Requirement for NEW Spiritual Retreat Participants

All NEW Participants MUST be accompanied by an in-person retreat buddy who meets the following minimum requirements:

- Have attended 3 x Spiritual Retreat
- Have completed 10 x lifetime regressions that have been counted
- Those who have attended True Self Retreat can be a buddy for 2 new participants.

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

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

OTHER TECHNICAL NECESSITIES / REQUIREMENTS

- You have access to a 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.

[LEARN MORE / REGISTER](#)

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

Maximum number of participants 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/obligations 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 have 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-19/other virus, please ensure to self isolate to keep everyone safe.

Latest date for registration: March 13, 2021 11pm Los Angeles time or if there is no more vacancy before March 13, 2021.

LATE CHARGES FOR REGISTRATION & PAYMENT AFTER DEADLINE

Participants who register **after March 13, 2021 11pm Los Angeles time** and/or complete payment **after March 14, 2021 11pm Los Angeles time** (if there is still available space), will be penalized \$ 25 equivalent /person for late registration fees.

Participants who register and complete the payment **after March 16, 2021 11pm Los Angeles time** (if there is still available space), are subject to late charges of 100% workshop fee.

Registration & payment will not be accepted within 12 hours before the first workshop starts.

PAYMENT

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

Please ensure that you transfer the proper amount. If the transfer is not from your bank account, please be sure to put the name of the participant attending retreat in the memo section of the payment.

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: reikummo.usa@gmail.com at least 1 day before the retreat starts. There will be no refunds for cancellations without prior approval that will be considered on a case by case basis.