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**PROJECT TITLE:** Ikigai Retreat Programme outline  
**PROJECT DESCRIPTION:** DRAFT B  
**REFERENCE:** 2026 May 15-17 Ikigai  
**DURATION:** Friday evening - Sunday 11am

## Program: Flowing Embodied Self

**THEME: NEUROSCIENCE, WELLNESS, AND THE ART OF REGULAR PRACTICE**

[NB] This program outline is for the 2026 Workshop-Retreats, integrating specific neuroscientific principles, meditative techniques, and a schedule.

## Friday Evening: Grounding & The First Spark

**SESSION: TRANSITIONING FROM THE WEEK INTO THE RETREAT SPACE.**

- **Introduction to the Meditative Framework:** A brief overview of the integrated Body-Mind paradigm and philosophy—focusing on the trinity of posture, breath, and the inner core.
- **Opening Technique (11 Minutes):** Establishing the "Elongated Spine."
  - *Focus:* Physical embodiment as a precursor to mental stillness.
  - *Anatomy:* Understanding the flow of cerebral spinal fluid and its importance in an upright posture versus lying down/Vagus nerve
- **Setting the Intention:** A collaborative session on transforming inner fears and adopting "love and awe's curiosity"; 3-D visual heart

## Saturday: Deepening the Neural Pathways

**SESSION: INTEGRATING NEUROSCIENCE WITH EASTERN AND WESTERN METHODOLOGIES - UNDERSTANDING ASPECTS OF NEUROPLASTICITY**

**MORNING: THE PHYSIOLOGICAL FOUNDATION**

- **Dawn** - optional Sun-gazing, greeting the awakening state and addressing the Sun's power in mental health (Deunov and Steiner)
- **06:30 – Optional Yoga & Stretching:** Awakening the small muscles to move from a "dreamy" to an "embodied" state (easy slow practices)
- **07:30 – Introduction to the 'Monkey Mind':** A neuroscientific look at the amygdala and prefrontal cortex and meditative impact; Breath and the NO influence on the parasympathetic nervous system.
- **08:30 – Micro-Practice (7-12 Minutes):** Initial focus on *Dharana* (concentration) and minimizing random thoughts (tongue 'clamp')
- 09:00 – Breakfast & Social Reflection
- **10:00 – Moving Meditation:** Optional Paneurhythmy (weather permitting). Integrating music and rhythm to harmonise and earth the magnetic body through the environment.

**MIDDAY: EASTERN TRADITIONS & THE SCIENCE OF FLOW**

- **11:00 – Neuroscience of Meditation:** Discussion on neuroplasticity, telomere length, and why 12–15 minutes is the "functional sweet spot" for daily practice.
- **11:30 – Yogic/Eastern Practice (15 Minutes):**

Other notes:

- **The 12-Minute Rule:** Why consistency is more vital than duration for amygdala regulation.
- **The "Silent Operator":** Moving from *doing* the meditation to letting the meditation *do you*.
- **Cross-Pollination:** Bridging the gap between the Russian Orthodox "Jesus Prayer" rhythms, Eastern *Samadhi*, and modern brainwave research.
- **Gratitude &** journal and its impact on health
- Research from **singing and humming** on inner being
- **Hormones** and their neuroprotective role (eg oestrogen and psoriasis)
- **Lymphatic drainage** through movement
- Meditation through **Tarot** - Spiritual Awakenings Conference 'Meditation climaxes in a transformed conscious experience leading to mystical union or what is called *Samadhi* in the Eastern tradition. Tarot shows a path towards this metamorphosis of consciousness.'

- **Techniques:** Introduction to the *Bundas* (energy locks) including *Mula Bandha* (root lock) and the tongue-to-roof-of-mouth technique to calm internal "vibrations."

- *The "Cave of Brahman":* Focusing consciousness on the pineal gland and third ventricle.

- **12:30 – Lunch & Journaling:** Space for "Beholding" (contemplation without judgment).

#### AFTERNOON: WESTERN ESOTERICISM & RADICAL ACCEPTANCE

- **14:00 – Western Meditative Techniques:** Exploring Steiner's methods and the "After Image" heart technique — moving internal stressors outside the body to observe and dissolve them.
- **14:30 – Practice** (15 Minutes): Western-style seated meditation focusing on the "unveiling" of truth (*Aletheia*).
- **15:30 – Radical Acceptance & Release:** Pre-meditative techniques for processing repressed emotions (the "17-minute mark" phenomenon).
- **16:00 – Deep Immersion** (22 Minutes): Extended meditation focusing on transformation and transmutation of leaden thoughts into "inner gold."

#### EVENING: INTEGRATION

- **17:30 – Breathwork & Heart-Core Meditation** (15-22 Minutes): Transitioning into a *coherent* alpha/gamma brainwave state.
- 18:30 – Dinner & Reflective Space
- **20:00 – Q&A, optional gentle Stretching:** allowing the day's journey to resound in community.
- **20:30 – Sound bath and the "Day Review":** Learning the Steiner-inspired backward review—recalling the day from evening to morning to distinguish the essential from the non-essential.

Sunday: Establishing the Personal Flow and practice

#### SESSION: MASTERY AND MAINTENANCE FOR LIFE AFTER THE RETREAT.

- **Dawn** - optional Sun-gazing, greeting the awakening state and addressing the Sun's power in mental health.
- **06:30 – Optional Yoga:** Preparing the body for the final day.
- **07:30 – The Sustained Practice (15–22 Minutes):** A self-led meditation supported through group practices and energy.
- 09:00 – Breakfast
- **10:00 – Advanced Neuroscience & Closing Q&A:** The "Flow State", how to maintain the 12-minute daily habit at home; INTEGRATION
- **10:50 – Final Meditation & Send-off:** A brief, powerful closing to seal the weekend's journey.