

Santi Maha Sangha Level 1 Practice Retreat Merigar West

Date : May 6, 2018



A short retreat on the Santi Maha Sangha Level One practices, guided by Elio Guarisco, was held at [Merigar West](#) from May 1 to 6. The course was very intense and organised in three sessions of practice each day – two in the morning and one in the afternoon. In addition to the practice sessions, each day after the afternoon session there was a short Mandarava Ganapuja which was open to all.