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Experiencing the You-niverse



Experiencing the YOU-niverse: A Deeper Dive



A retreat to help us realise a new perspective on our lives in relation to the cosmos.



By Mark Westmoquette

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Location

 Online

Refund Policy

Refunds up to **7 days** before event

About this event



Event lasts 8 days 1 hour

Why am I thinking about the cosmos when my whole world is falling apart?

- *What if we knew ourselves as more than just this body in this space and time?*
- *What if we experienced the space between us as connecting rather than separating?*
- *What if we realized that we are members of a community that's far more expansive, diverse and cohesive than we ever imagined?*

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guidance that can help us navigate this time of change and uncertainty.

Whether you're an artist, entrepreneur, educator, or just plain interested and curious, you'll come away from these retreats with a wide-open mind and heart, renewed inspiration and flow, increased creativity and a deeper sense of connection and belonging.

"We are in each other holographically, this world and us: the whole of the 'universe story' carved in our own hearts, and the whole of our own story reverberating within the cosmic heart."

– Cynthia Bourgeault

In this online retreat we'll be imagining, exploring, and embodying these possibilities as a group.

When: Jun 21, 22, 29

8:30-10:00 (Pacific) / 11:30-1:00 (Eastern) / 4:30-6:00 (UK)

What if you knew you were eating the cosmos for breakfast, breathing in starlight, and dancing with cosmic energy? On this retreat we'll be exploring how to further bring the perspective of the cosmos into our daily life.

The retreat will include 3 sessions spread out over a week in the following format:

Saturday (90min session) introducing and unpacking the theme, Sunday (90min session) exploring some deeper teaching, following Sunday (90min session) catching up and integrating. We'll encourage you to see the intervening week as a retreat in your daily life where you can engage with practices, journal prompts, and other opportunities to explore the material from the weekends into your everyday life.

Stephan, Marianne and Mark invite you to turn your attention to the mystery of the cosmos as a way of opening the door to expanded perspective and universe of possibility.

About the teachers

Mark Westmoquette is an ex-professional astronomer (PhD 2007), but now full-time yoga and meditation teacher based in London, UK. He is the author of three books on what he calls 'mindful stargazing' (Mindful Thoughts for Stargazers - 2019, The Mindful Universe - 2020, Stars: A Practical Guide to the Key Constellations - 2020). www.markwestmoquette.co.uk

Marianne Rowe, MS, is a Founding Teacher of Monterey Bay Meditation Studio and a Licensed Marriage & Family Therapist. She is dedicated to catalyzing and cultivating ecosystemic consciousness, in service of respect for Life in all forms. www.montereybaymeditation.com
www.mariannerowe.net

Stephan Martin is an astronomer, author, educator, and Director of the Deeptime Leadership Program at the Deeptime Network. He is passionate about contemplating the universe and discovering bridges between the cosmic and the personal in daily life. His books include Cosmic Conversations (2011) and Living a Cosmic Life (2015). www.dtnetwork.org www.cosmicconversations.org

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\$150.00 +\$11.90 Fee

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