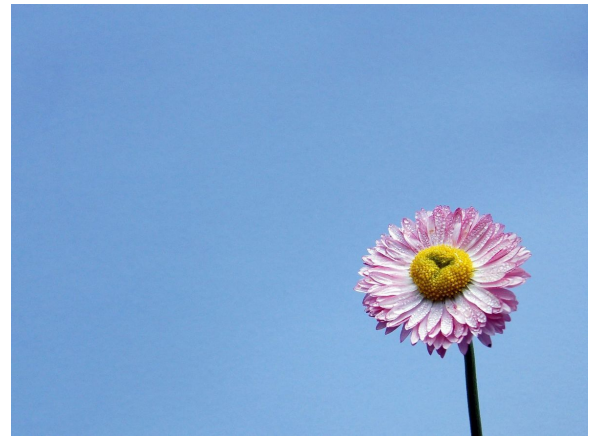


**Simplicity Retreat:
A Weekend of Natural Awareness
July 23-25, 2021**



Friday, July 23: 5:30pm-7:30pm Eastern

5:30-6:30..... Hello gathering
6:30-6:45..... Set up space, sit: the practice of Natural Awareness
6:45-7:15..... Saying what's true
7:15-7:30..... Enter silence

Saturday, July 24: 8:00am-7:00pm Eastern: SILENCE

On your own before 7:00: Natural Awareness practice: notice what is true, and serve that.
Nourishing food, loving movement, gazing at beauty, bright shower, energetic walk or dance.

8:00-8:45..... Guided sit
8:45-9:15..... Gentle movement
9:15-9:45..... Write, draw, express.
9:45-10:15.... Walk
10:15-11:00.... Sit
11:00-1:00..... Mind-Body time: Continue with something from the morning or nourish yourself
in some other way (food too!)
1:00-1:30..... Sit
1:30-2:30..... Talk 1 & Sit
2:30-3:00..... Water meditation
3:00-3:30..... Walk
3:30-4:00..... Tea
4:00-4:30..... Movement, Sit
4:30-5:30..... Talk 2 & Sit
5:30-6:30..... Nourishment
6:30-7:00..... Soaking it in

Sunday, July 25: 8:00am-2:00pm Eastern: SILENCE UNTIL 11:00

On your own before 7:00: Natural Awareness practice: notice what is true, and serve that.
Nourishing food, loving movement, gazing at beauty, bright shower, energetic walk or dance.

8:00-8:45..... Gentle movement
8:45-9:30..... Write, draw, express.
9:30-10:00.... Sit
10:00-10:45.... Walk
10:45-11:00.... Sit
11:00-12:00..... Nourishment
12:00..... Lift silence
2:00..... Goodbye

