

~Kindness Retreat: A Weekend of Practice & Self-Care~
Nov 12 - 14, 2021
Sample schedule: subject to slight changes



Friday, Nov 12: 6:00pm-8:00pm

6:00-6:45..... Hello gathering
6:45-7:00..... Set up space, Sit: Include your sacred object & photo
7:00-7:15..... Beginning Sit
7:15-7:45..... Group creation
7:45-8:00..... Enter silence

Saturday, Nov 13: 9:00am-8:00pm: SILENCE

On your own before 9:00: Nourish your body with food, linger over coffee, sleep in, take a long bath or bright shower, take a walk, sit, yoga. Meet yourself however you love.

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

Sunday, Nov 14: 9:00am-3:00pm: SILENCE UNTIL 1:00

On your own before 9:00: Nourish your body with food, linger over coffee, sleep in, take a long bath or bright shower, take a walk, sit, yoga. Meet yourself however you love.

9:00-9:45..... Gentle movement
9:45-10:30..... Write, draw, listen to music, etc
10:30-11:00.... Sit
11:00-11:45.... Walk
11:45-noon..... Sit
noon-1:00..... Nourishment
1:00..... Lift silence
3:00..... Goodbye

