

## Dedication Retreat: 5 Days in Shared Silence March 24-28, 2021

### Wednesday, March 24: 6:00pm-8:30pm Eastern: GATHERING

6:00-6:30..... Hello gathering  
6:30-6:45..... Set up space, sit together  
6:45-7:15..... Listening, speaking about your practice  
7:15-7:45..... Structure of this retreat; Group agreements & guidelines  
7:45-8:30..... Enter silence  
On your own after 8:00 pm: Establishing awareness: self-care and formal practice

### Thursday, March 25: 8:00am-8:00pm Eastern: SILENCE

On your own before 8:00 am: Inviting awareness; self-care and formal practice  
8:00-8:15..... A few words as we begin the day  
8:15-1:00..... Following your practice schedule  
1:00-2:00..... Talk/group practice  
2:00-7:45..... Following your practice schedule  
7:45-8:00..... A few words as we end the day  
On your own after 8:00 pm: Continuously re-inviting awareness: self-care and formal practice

### Friday, March 26: 8:00am-8:00pm Eastern: SILENCE

On your own before 8:00 am: Recommitting to awareness; self-care and formal practice  
8:00-8:15..... A few words as we begin the day  
8:15-1:00..... Following your practice schedule  
1:00-2:00..... Group sit  
2:00-7:45..... Following your practice schedule  
7:45-8:00..... A few words as we end the day  
On your own after 8:00 pm: Sustaining awareness: self-care and formal practice

### Saturday, March 27: 8:00am-8:00pm Eastern: SILENCE

On your own before 8:00 am: Waking up in awareness; self-care and formal practice  
8:00-8:15..... A few words as we begin the day  
8:15-1:00..... Following your practice schedule  
1:00-2:00..... Talk/group practice  
2:00-7:45..... Following your practice schedule  
7:45-8:00..... A few words as we end the day  
On your own after 8:00 pm: Resting in awareness: self-care and formal practice

### Sunday, March 28: 8:00am-2:00pm Eastern: SILENCE and CLOSING

On your own before 8:00 am: Continuing to rest in awareness; self-care and formal practice  
8:00-8:15..... A few words as we begin the day  
8:15-12:00..... Following your practice schedule  
12:00-12:30..... Group sit  
12:30-2:00..... Releasing silence. Speaking about practice. Goodbye gathering  
On your own after closing: Moving on with awareness: self-care and formal practice

