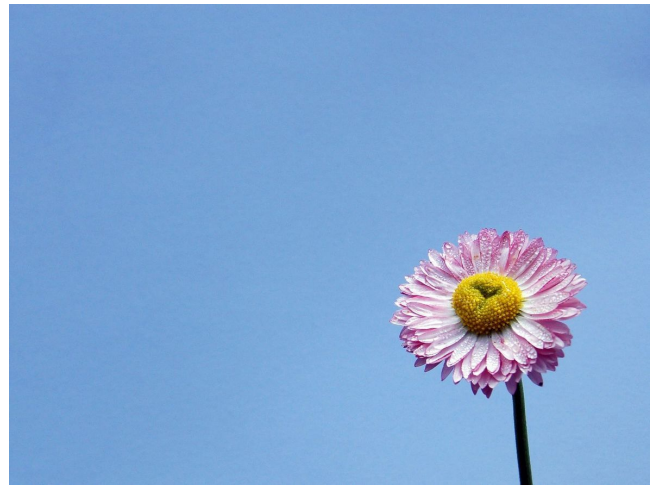


Simplicity Retreat: A Weekend of Natural Awareness July 31-Aug 2, 2020



Friday, July 31: 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, August 1: 7:00am-6:00pm 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.

- 7:00-7:45..... Guided sit
- 7:45-8:15..... Gentle movement
- 8:15-8:45.... Write, draw, express.
- 8:45-9:15.... Walk
- 9:15-10:00.... Sit
- 10:00-noon..... Mind-Body time: Continue with something from the morning or nourish yourself in some other way (food too!)
- noon-12:30..... Sit
- 12:30-1:30..... Talk 1 & Sit
- 1:30-2:00..... Water meditation
- 2:00-2:30..... Walk
- 2:30-3:00..... Tea
- 3:00-3:30..... Movement, Sit
- 3:30-4:30..... Talk 2 & Sit
- 4:30-5:30..... Nourishment
- 5:30-6:00..... Soaking it in

Sunday, August 2: 7:00am-1:00pm 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.

- 7:00-7:45..... Gentle movement
- 7:45-8:30..... Write, draw, express.
- 8:30-9:00.... Sit
- 9:00-9:45.... Walk
- 9:45-10:00. Sit
- 10:00-11:00..... Nourishment
- 11:00..... Lift silence
- 1:00..... Goodbye