

~Kindness Retreat: A Weekend of Practice & Self-Care~ Feb 7-9, 2020



Friday, Feb 7: 7:00pm-9:00pm

- 7:00-8:00..... Hello gathering
- 8:00-8:30..... Set up space, Sit: Include your sacred object
- 8:30-8:45..... Group "bedtime story"
- 8:45-9:00..... Enter silence

Saturday, Feb 8: 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, Feb 9: 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, sacred object share
- 3:00..... Goodbye