

Mindfulness for *life*

Spring 2-Day Silent Mindfulness Meditation Retreat With Robert Gebka & supporting teacher Shanti Devi

Saturday 13th & Sunday 14th April 2019, 10am – 5pm
(Arrival : 9.30am)

Bournemouth Westcliff Hotel, Durley Chine Road, Bournemouth BH2 5JS

www.bournemouthwestcliffhotel.co.uk

(parking is free but please register your car at reception)

RETREAT PROGRAMME

(Subject to change depending on the group circumstances)

DAY 1: SATURDAY PROGRAMME

9.30 – 10: Arrival, registration & retreat donations

10 – 10.15: Welcome, programme introduction - **Noble Silence begins**

10.15 – 11.15: Opening retreat ceremony with Robert & Shanti

An explanation of this step by step ceremony will be offered. This ceremony is not about you becoming a Buddhist. We invite you, if you care to, to partake in this ceremony as a way of experiencing this unique flavour for these two days of this secular retreat.

- Bringing to mind our intention and letting go of intention.
- **Om Mane Pedme Hung** chanting
- Conclusion of ceremony and short sitting practice

11.15 – 11.30: Mindful movement with gentle Qi Kung

11.30 – 12: Introduction to Anapansati meditation technique and guided sitting meditation

12 – 12:15: Mindful movement

12.15 – 12.45: Sitting Meditation

12.45 – 2: Lunch and self-occupied time (please bring own lunch)

2 – 2.30: Sitting Meditation

2.30 – 2.45: Mindful movement

- 2.45 – 3.15: Sitting meditation
- 3.15 – 3.45: Sleeping meditation
- 3.45 – 4.30: Zen Green tea Meditation
- 4.30 – 5: Walking meditation followed by short sitting.
- 5: Day one of retreat ends

DAY 2: SUNDAY PROGRAMME

- 9.30 – 10 Arrival, registration & retreat donations
- 10 – 10.15: Welcome, programme introduction - **Noble Silence begins**
- 10.15 – 11.15: Opening retreat ceremony with Robert & Shanti

An explanation of this step by step ceremony will be offered. This ceremony is not about you becoming a Buddhist. We invite you, if you care to, to partake in this ceremony as a way of experiencing this unique flavour for these two days of this secular retreat.

- Bringing to mind our intention and letting go of intention.
- **Om Mane Pedme Hung** chanting
- Conclusion of ceremony and short sitting practice

- 11.15 – 11.30: Mindful movement with gentle Qi Kung
- 11.30 – 12: Introduction to Anapansati meditation technique and guided sitting meditation
- 12 – 12.15: Mindful movement
- 12.15 – 12.45: Sitting Meditation
- 12.45 – 2: Lunch & self-occupied time (please bring own lunch)
- 2 – 2.30: Sitting meditation
- 2.30 – 2.45: Mindful movement
- 2.45 – 3.15: Sitting meditation
- 3.15 – 3.45: Sleeping meditation
- 3.45 – 4.30: Zen Green tea Meditation
- 4.30 – 5: Spoken reflections and sharing followed by Q&A
- 5: Day two of retreat ends