

## **5-Day Mindfulness & Self-compassion Live, Online, Teacher-led & Interactive Retreat Programme**

*(Subject to change depending on group dynamics and circumstances)*

**Friday 12 – 5pm**  
**Saturday & Sunday, Monday & Tuesday: 9.30 – 5pm**

### **FRIDAY PROGRAMME**

- 11.45 – 12.00** : Arrival Logging into Zoom
- 12 – 13.00** : Welcome & drinking tea together – Settling in meditation  
Introduction to programme and Q&A about retreat
- 13 – 13.30** : Compassionate Bodyscan meditation
- 13.30 – 14.30** : Self Occupied time & Lunch
- 14.30 – 16.00** : Green tea appreciation Zen Meditation followed by sleeping  
meditation
- 16.00 – 16.45** : Outside mindful walking and appreciating the sky  
nature meditation
- 16.45 – 17.00** : Concluding day meditation & reconnecting with  
compassionate intentions

### **SATURDAY & SUNDAY, MONDAY & TUESDAY PROGRAMME**

- 9.30 – 10** : Checking in with each other & setting compassionate intentions
- 10 – 11** : Mindful & soothing movement practice
- 11 – 11.30** : Compassionate bodyscan meditation

- 11.30 – 11.45** : Outside looking at the sky and smelling the air compassion practice
- 11.45 – 12** : Compassionate poem meditation
- 12 – 12.30** : Compassionate walking meditation and or mindful movement.
- 12.30 – 13.30** : Mindful and compassionate lunch & self-occupied time
- 13.30 – 14.00** : Sitting meditation practice
- 14.00 – 14.15** : Outside looking at the sky and smelling the air compassion practice
- 14.15 – 14.45** : Sitting meditation practice
- 14.45 – 15.30** : Dharma for life talk followed by peer mindful inquiry
- 15.30 – 15.45** : Outside looking at the sky and smelling the air compassion practice
- 15.45 – 16.15** : Green tea Zen meditation
- 16.15 – 16.45** : Sleeping meditation
- 16.45 – 17.00** : Concluding day meditation & reconnecting with compassionate intentions

**LAST DAY OF RETREAT**

**15.45 – 17: Peer sharing and closing of 5-day retreat**

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