

5-Day Mindfulness & Self-compassion Retreat

RECONNECTING WITH THE HEART OF STILLNESS

Live, Online, Teacher-led & Interactive

Retreat Programme

(Subject to change depending on group dynamics and circumstances)

Thursday, 13th – Tuesday, 18th JANUARY 2022

UK London GMT Time Zone

Thursday: 3 – 6pm

Friday, Saturday, Sunday & Monday: 9.30am – 5pm

Tuesday: 9.30am – 12pm

THURSDAY PROGRAMME

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| 2.45 – 3 | : Arrival Logging into Zoom |
| 3 – 4 | : Welcome & drinking tea together – Settling in meditation
Introduction to programme and Q&A about retreat |
| 4 – 4.30 | : Mindful Movement meditation |
| 4.30 – 5 | : Compassionate bodyscan meditation |
| 5 – 5.45 | : Green tea Zen Meditation followed by resting |
| 5.45 – 6 | : Concluding day meditation & reconnecting with
compassionate intentions |

FRIDAY, SATURDAY & SUNDAY & MONDAY PROGRAMME

- 9.30 – 10** : Checking in with each other & setting compassionate intentions
- 10 – 11** : Mindful movement with Yoga or Chi Kung or walking meditation or mindful tapping practice followed by bodyscan meditation
- 11 – 12** : Compassionate bodyscan meditation
(MBSR TT students will be guiding meditation practice in pairs in breakout rooms)
- 12 – 12.30** : Compassionate walking meditation
- 12.30 – 13.30** : Mindful and compassionate lunch & self-occupied resting 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 or resting time
- 15.30 – 15.45** : Outside looking at the sky and smelling the air mindfulness practice
- 15.45 – 16.15** : Sitting meditation practice
- 16.15 – 16.45** : Green Zen tea meditation
- 16.45 – 17.00** : Concluding day meditation & reconnecting with compassionate intentions

TUESDAY PROGRAMME (last day of retreat)

- 9.30 – 10** : Checking in with each other & setting compassionate intentions
- 10 – 10.45** : Mindful movement practice followed by sitting meditation
- 10.45 – 11** : Outside looking at the sky and smelling the air compassion practice
- 11 – 12** : End retreat peer reflection/ sharing
- 12** : Retreat ends