

# 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 OCTOBER 2022**

**UK London GMT Time Zone**

**Thursday: 3 – 6pm**

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

**Tuesday: 9.30am – 12pm**

## THURSDAY PROGRAMME

- 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 – 5.15** : Compassionate bodyscan meditation
- 5.15 – 5.45** : Compassionate walking meditation
- 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 – 11.30** : Compassionate walking meditation meditation
- 11.30 – 12** : Sitting meditation practice
- 12 – 12.30** : Compassionate walking meditation meditation
- 12.30 – 14.00** : Mindful and compassionate lunch & self-occupied resting time
- 14.00 – 14.30** : Dharma for life talk followed by peer mindful inquiry or resting time
- 14.30 – 15.15** : Green Zen tea meditation
- 15.15 – 15.45** : Compassionate walking meditation
- 15.45 – 16.15** : Sitting meditation practice
- 16.15 – 16.45** : Outside looking at the sky and smelling the air meditation practice
- 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 bodyscan meditation
- 10.45 – 11** : Outside looking at the sky and smelling the air meditation practice
- 11 – 12** : End retreat peer reflection/ sharing
- 12** : Retreat ends

## WHAT IS INCLUDED IN THE RETREAT?

This live, online retreat is highly experiential and interactive. We have a diverse programme of mindfulness and **self-compassion** activities such as **body scan, compassionate movement, guided walking meditation, tea drinking meditation** and more. All activities are very gentle where participants are encouraged to take part in what they feel comfortable with.

## RETREAT OPTIONS

MBSR Teacher Training students need to attend all five days of the retreat for all the sessions if possible.

For the public however we are aware that taking the whole 5 days for out for meditation can be challenging especially under the current circumstances and especially as this is an online home based retreat. Although we hope that you can join in for the whole 5 day programme you are more than welcome to join as much of the retreat as possible, depending on your circumstances. Please communicate your chosen times to the retreat teacher prior to the start of the retreat.

## WHAT YOU WILL NEED TECHNOLOGY WISE

A PC/Laptop/Macbook or Tablet with a stable internet connection as well as a webcam and microphone. (this is usually build into the device so no need for an external one)

We recommend that you plug directly into the network with a cord rather than using wireless (WiFi), if possible, to ensure appropriate bandwidth and minimise unnecessary electromagnetic exposure.

## PERSONAL PREPARATION

The attitude we bring to this experience is key and we need to be prepared to commit as fully as possible to the retreat programme as you would if you were with us in-person, face to face in a group.

We suggest that you have in mind your plan for the days of our retreat. It is recommended that you allow yourself to feel at ease with the time you can offer yourself and feel restful with your choice.

For example, will you be:

- Maintaining silence? Or sharing your space in a friendly manner with others?
- Continuing with/doing additional sitting and walking meditation? Or continuing with your regular activities in a less demanding and busy way?

- Cultivating an attitude of retreat throughout? Or mixing with daily life in a thoughtful manner?
- It could be helpful to set up conditions that support you, including discussing with those you share your space at home with.
- It could be helpful to plan in advance and simplify as much as you can or set boundaries around what you will and will not engage with. These are skillful ways of creating continuity and settling more deeply into practice and quiet.
- This will require some additional personal preparation of your own physical space so that you can engage with full attention and presence for the duration of retreat. We will also support each other in maintaining this commitment through our interaction with each other.
- In preparation, consider where you will set up your space and how you will create the physical environment that will support you during this time:
- A quiet, well-lit room, where you can rest your computer screen and be visible sitting, lying down and standing; also free of interruptions and distractions – remember what you see on your screen is what we see too!
- Whilst we are online together, don't multitask. Turn off your other devices and any other programs you have been using. Engage with the session and teachings offered just as you would on a retreat you attend in a retreat centre. Give yourself this time to be present and awake.
- Consider how you are going to use the time between our online sessions and try to keep life as simple and free from distractions, if it is possible.

Family support to allow you to join the online retreat (including allowing you full access to your network bandwidth for the duration of live sessions)

Agreements on how to interact with family and work commitments during this time, i.e. while in session and in between. Discuss this with your family ahead of the retreat and find a comfortable compromise if needed.

Access to easy, nutritious meals, water and snacks during the retreat. Try to prepare your meals ahead of time so that you don't rush when it's time to eat and rest but simply enjoy your experience in silence.

## SOME ZOOM ETIQUETTE

- It is helpful for us all if we all approach the sessions as if we are entering a meditation hall: This means we don't drink or eat or walk in and out during a session. It also supports us all to maintain an engaged presence during the sessions, rather than treating them like a programme we are watching passively. Although we are online, the presence we each bring will support us.
- Please keep your microphone muted (we will help with that), unless we invite you to unmute it. This helps eliminate background noise that will be heard by everyone.
- It is supportive for your fellow retreatants and teachers if you leave your camera on when you are sitting in front of your computer. This gives a sense of sitting together, instead of simply viewing names on a screen. But if you have need to turn it off due to distractions in your camera view, are meditating away from your screen, or simply do not want to turn it on, that is also ok.
- Please don't move the computer around with the video on. If you need to move rooms or step away from the screen, please turn off the video. It is less distracting and allows us collectively to have a more settled feel.
- Likewise, if you find you are interrupted by another being (person or pet), please turn off your video to avoid being a distraction. And turn it back on when things have settled again.
- Some of us are by now quite familiar with practising and teaching using Zoom, for others of us this will be a totally new experience. Everyone is welcome and we will all be learning as we go along. We will find our way with this and whatever happens make it part of our retreat practice.