

## ***Mindfulness One-Day Silent Retreat Programme*** *(Subject to change depending on group dynamics and circumstances)*

- 9 – 9.30** : Arrival and settling in
- 9.30 – 10** : Welcome and introduction to programme and Q&A about retreat
- 10 – 11** : Compassionate Mindful Movement Practice
- 11 – 11.30** : Compassionate Bodyscan Meditation
- 11.30 – 12** : Walking & Sitting Meditation
- 12 – 12.30** : Reflective writing or sleeping
- 12.30 – 14.00** : Mindful lunch & self-occupied time (beach walk weather permitting)
- 14.00 – 14.30** : Walking & Sitting Meditation
- 14.30 – 15.00** : Cultivating Wise Mind: Exploring emotional regulation with EMDR based tapping.
- 15.00 – 15.45** : Mindful Poetry or Dharma or Mindfulness for Life talk followed by peer sharing
- 15.45 – 16.30** : Zen Tea meditation
- 16.30 – 17.00** : Group sharing, Q&A
- 17.00** : End of retreat
- 18.00 – 20.00** : **OPTIONAL - Beach barbeque weather permitting**