

Mini Retreat 2025

Thank you for joining me for this retreat to explore factors that lead to the arising of calm and ease.
Please practice Mindful Silence at all times.

Detailed Schedule

- 1:45 - Begin arriving and settling in, mindful silence, quiet questions to get settled.
- 2:00 – 2:10 Formal Beginning: Welcome and find a comfortable seat.
- 2:10 – 2:30 Simply sitting to settle the body and breath (20 minutes) settling the mind.
- 2:30 – 2:40 Movement Break, walk if you like. Bell will ring 3' before end
- 2:40 – 3:00 Samadhi Discussion
- 3:00 – 3:30 sitting meditation (30 min) Relaxing the body
- 3:30 – 3:45 walking meditation (10 + 5 to return and settle by 2:45)
- 3:45 – 4:30 sitting meditation (45 minutes) Stillness, equanimity, joy
- 4:30 – 4:45 walking meditation
- 4:45 – 5:00 opportunity to share if you like.
- 5:00 - Retreat Ends. Try to sustain the calm and heightened awareness as you return to your life.