

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.