

Streaming Retreat with Open Dharma

is a new project to bring retreats, meditation, and connection closer to home.

This first weekend retreat, 7-8 December, is open to anyone—whether you have done a retreat with Open Dharma or not. And if you who have been wishing for more Open Dharma in your life, we are happy to announce that we intend to offer several online streaming weekend retreats a year. **Jaya** has already been offering radio Dharma talks and meditations as well as skype interviews in the last couple of years. We think that short online retreats, and perhaps even a weekly meditation group—as if we were all in the same neighborhood—can make a significant difference in all our lives.

This first streaming retreat is an experiment. We need to test the technical side of things and to get to know the potential of this format. If you participate in the retreat, you will also help shape the streaming retreats to come. *Your feedback before and after the retreat is quite obviously an essential part of the process.* If you would please take a few minutes to fill out [this form](#), we will all benefit from better streaming retreats in the future. Those that would like to participate in the future but cannot do it this time are also invited to give feedback.

After you register, you will receive access to a new section on the Open Dharma website, the Open Dharma Streaming Retreat Center, where you will find more information and orientation. **To register [click here](#).**

The idea is to stream live talks, meditations, and even movement and yoga classes during the weekend. Just like on a regular retreat, you can “come” at certain times for short one-to-one skype interviews with **Jaya** or Gemma.

The wonderful thing is that we will meditate on retreat together—live, each in our different places.

It is of course worth acknowledging some of the areas of potential richness and challenge specific to a streaming retreat.

~The first is that you are probably not in a retreat center but, more likely, in your

daily life. Will you be meditating alone or with others? Will you be doing the retreat around others who are doing other things? Do you have a bit of privacy and enough silence to focus and rest?

Can chores and communication be shepherded to the days before and after the weekend? Where will you set up your comfortable place to rest into meditation? If our surroundings are supportive enough, then we can discover the power of this format—to bring Dharma, connection, depth, and spaciousness to daily places, objects, and routines. We have the chance, through the power of this more self-motivated meditation retreat, to receive life-changing insight where it matters most.

~The second challenge is that people will be joining this retreat from many different time zones. We will attempt to offer a live schedule that gives at least a half-day retreat to most time zones and a full-day retreat in and near where we are – Greenwich Mean Time plus 1 hour. We encourage you to fill out your day, if you wish, with a schedule that fits you, or to meditate with us in the early morning or late night!

~ A third area of challenge may be the technical side of things. Be aware that the platform is not yet programmed and we will use external services or our own streaming servers in a beta version (it's not yet decided). We apologize in advance for any possible issues that might occur. We will be working to minimize the bumps, but this project is in an early stage so we cannot guarantee the perfect functioning. We plan to have “live tech support” available during the retreat.

To avoid problems from your side please use the last version of the browser called Chrome ([download link](#)).

Please also consider whether you will want to use headphones or speakers, and use the best ones you can.

It probably goes without saying that you will be glad you use the best internet connection you can, a minimum of 1MB of download speed is required.

To mark your commitment to the Streaming Retreat, we ask you to fill out the [registration](#) form and the [questionnaire](#) form before and after the retreat and to make a small [donation to Open Dharma](#) to set your place on retreat and to help us cover the costs in making this retreat available. As usual, you will have the chance to [give donations for the teachings](#) at the end of the retreat.

Thanks for helping to shape this new project!

love,

Ernest, Jaya, and Gemma