

Spiritual Friends Retreat

2025

In person and online
Practice Intensive
Register at Zozvrm.com
All are welcome



In person

The Wisdom of Silence Meditation retreat

March, Saturday 15th, 9AM-5PM

September, Saturday 27th, 9AM-5PM

Location: The Hermitage

3650 East 46th Street, Indianapolis, IN 46205

Single day Intensives

Meditation instruction and a half day of Noble Silence.

Other core practices introduced

Lunch and snacks provided

Single retreat fee structure

10\$ Student/financial aid, 20\$ Standard, 30\$ Sustaining
(100% of additional funds go toward scholarships for participants with financial need)

[Registration Link](#)

Online- Community Silent Meditation

June, Saturday 28th, 9am-1pm Est

January 2026, Saturday 3rd, 9am-1pm Est

Half Day Intensive

Light Instruction

Last hour for integration and Q&A

Singe retreat fee structure

5\$Student, 10\$ Standard, 15\$ Sustaining



Contact

For questions contact Samuel

317-654-8662 call or text

samuel@hermitageindy.org

To register by phone and pay with a credit card, or if you have any questions call LuLu at (317)545-0742 between 2:00 and 6:00 p.m. or email her at: LuLu@HermitageIndy.org.

Please make checks payable to: **The Hermitage.**

Dear Friend,

Please join us at The Fransican Hermitage for an in person deep dive into Unified Mindfulness (UM) with a spiritual lens. Unified Mindfulness is a system of meditation, designed by Shinzen Young. Shinzen, a former Zen Monk, is the author of The Science of Enlightenment, Natural Pain Relief and numerous audio offerings. UM is designed to be easily researchable by science with clear terminology and rigorous precision around concepts and procedures. The UM system is used by leading institutions like Harvard and Carnegie Mellon for their research on meditation.

The UM system is a comprehensive, robust and refined support structure that any individual at any stage of meditation practice can rely on to go deeper in their insight. UM is also a secular form of meditation, which means it's compatible with any religious tradition, so anyone, of any faith, can do it.

We believe the retreat setting is an ideal way to train in mindfulness. Intensive periods of meditation practice are extremely beneficial for working through the challenging content of our spiritual paths. In an age of frenetic activity, many have forgotten how to become still and receptive to the whisper of the Spirit that pierces our very souls. In other words, we have lost touch with our innate capacity to directly experience the Transcendent. Whatever your belief system or cultural background, the evidence is clear that meditation practice can help us all live healthier lives and give shape to healthier communities. Retreats provide an ideal setting in which to connect to this profoundly generous Source, so we may live inspired lives full of meaning with a spirit of service towards others.

This retreat includes

Instruction in mindfulness; Both beginner as well as advanced practice. All conducted in a small group setting, capped at 25 participants.

Extended Period of Silence; Silence is an ancient wisdom tool we make use of in our retreats to help settle the mind and create space for wisdom and compassion to naturally arise.

Delicious, Nourishing Meals; Deliciously catered meals to help you sustain your contemplative practice.

Time in Nature, Mindful Walking; We make room for time outdoors, mindful walking and exercise to care for and rejuvenate the body

Conscious Work; Practice Rhythmic, physical labor is a tried and true method for deepening mindful awareness and working wisdom into every cell of the body. For many participants, this is their favorite part of the retreat.

Retreat Leader; Samuel

Samuel is the Program Director at The Hermitage in Indianapolis and a certified Unified Mindfulness Coach. In addition to UM, he has studied and practiced in a wide range of traditions, such as The Silva Method, Christian Contemplation, Sufi Muslim, Tibetan Buddhism, Shiva Hinduism, and Advaita Vedanta (Hindu philosophy).

Your spiritual Friend
Samuel