

## **Mindfulness – Virtual Retreat (example)**

This is an example of an extended retreat designed for two individuals who needed the space for rest and rejuvenation and the theme was self compassion; your retreat will be tailored to your needs. Retreats are delivered via Zoom or MS Teams.

**5.30pm 25<sup>th</sup> October 2020 – 11.00am 28<sup>th</sup> October 2020**  
**Self Compassion, Rest and Rejuvenation**

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Zoom link:

### **Day 1 - Sunday 25<sup>th</sup> October 2020**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
5:30 pm	Guided sit	Zoom
6:00 pm	Sharing; intention setting	Zoom
6:30 pm	Break	Offline
7:30 pm	Social time	Zoom
8:30 pm	Break	Offline
9:00 pm	Guided meditation	Zoom
End of day; move into silence		

The **Development** Company

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## Day 2 - Monday 26<sup>th</sup> October

Zoom link:

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:45 am	Silent sitting	Zoom
7:30 am	Movement practice	Zoom
8:00 am	Morning break, breakfast, free time	Offline
10:00 am	End of silence; Morning meeting; sharing	Zoom
10:45 am	Break	Offline
11:00 am	Nature walk or personal reflection	Individually
12:30 pm	Guided meditation	Zoom
1:00 pm	Break for lunch	Offline
3:00 pm	Practice of rest	Zoom
3:40 pm	Break	Offline
4:15 pm	Dharma talk & discussion	Zoom
5:15 pm	Break for supper	Offline
7:30 pm	Social time	Zoom
8:30 pm	Break	Offline
9:00 pm	Guided meditation	Zoom
End of day; move into silence		

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## Day 3 - Tuesday 27<sup>th</sup> October

Zoom Link:

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:45 am	Silent sitting	Zoom
7:30 am	Movement practice	Zoom
8:00 am	Morning break, breakfast, free time	Offline
10:00 am	End of silence; Morning meeting; sharing	Zoom
10:45 am	Break	Offline
11:00 am	Nature walk or personal reflection	Individually
12:30 pm	Guided meditation	Zoom
1:00 pm	Break for lunch	Offline
3:00 pm	Practice of rest	Zoom
3:40 pm	Break	Offline
4:15 pm	Dharma talk & discussion	Zoom
5:15 pm	Break for supper	Offline
7:30 pm	Social time	Zoom
8:30 pm	Break	Offline
9:00 pm	Guided meditation	Zoom
End of day; move into silence		

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## Day 4 - Wednesday 28<sup>th</sup> October 2020

Zoom Link:

<b>Time</b>	<b>Activity</b>	<b>Location</b>
6:45 am	Silent sitting	Zoom
7:30 am	Movement practice	Zoom
8:00 am	Morning break, breakfast, free time	Offline
09:00 am	End of silence; Morning meeting; sharing	Zoom
10:00 am	Break	Offline
10:15 am	Closing Circle	Zoom
11:00	Retreat ends	

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