

Practice Intensive Retreat: Jan. 11-15, 2023

Choose a Location

The transformative power of mindfulness involves bringing practice into your everyday life. That's why holding a retreat right where your life takes place can be amazing. We realize that finding time and space within the walls of your own life can be very challenging, maybe even impossible. Perhaps it is necessary to leave your home and find another space to hold this retreat for yourself. If so, choose somewhere quiet with dependable internet connection—this may mean renting a space or asking to use the space of someone you know.

Plan Ahead

A lovely aspect of an online retreat is that you get both the togetherness of community while attending uniquely to your personal situation. Do you need something special for your diet? Prefer a warmer temperature in your home? Is it best for you to take a long bath at the end of the day? All these are possible during this retreat, without forgoing the blessing and support of connecting in practice with others.

Preparation Suggestions

- Tidy up your space: Add a few touches: flowers, incense, fresh sheets on the bed, etc.
- Put things away: Remove items that may trigger you to move away from the experience of practice and caring for yourself: for instance, put away to do lists, cover TVs, etc
- Plan meals: Have nourishing food and drink that you enjoy on hand
- Inform others: Advise others that you will be unavailable during this time. Tell those who share the same space with you what you need during this retreat (quiet, not being disturbed, etc.)
- Gather supplies: Having too much is fine. You can always choose to not use something you think you might need or want.

Prepare your calendar and practice space for simplicity and self-care, to foster a deeper sense of practice. This is not the time for heroic acts of giving up caffeine, sacrificing sleep, and so on.

Supplies you may need or choose to have nearby:

- printed copy of the schedule
- what you need for outdoor walking
- socks or bedroom slippers
- yoga mat
- cushions
- blanket or throw
- water bottle
- teas



Note: Please forgo intensive reading and study during this retreat, and allow for fuller silence practice by not watching TV, listening to music, and so on, for these 5 days.