

All Day Silent Retreat

Saturday, March 20, 2020 9:00am to 4:00pm

On Zoom [Link to all day class will be on the Class Assignments Page](#)

1. The all-day retreat is an integral part of the MBSR program. It is a day of focused practice free of distractions. MBSR alumni are invited to these retreats, so there are usually more people than you have seen in class. You will also be invited to future all day retreats, as a way to support your ongoing practice.
2. Arrive at the Zoom space a bit before 9:00 a.m., so you can settle in; greet classmates, have some tea or coffee, etc. I will open the meeting at 8:30am
3. At 9:00 the bell will ring and we will begin a day of “noble silence”. We will practice some meditations that are familiar, and I will introduce some new meditation approaches.
4. The practices are all gentle, and will build on what you are already doing.
5. I will guide you through the day, so you needn’t worry about “what you are going to do”.
6. **SNACKS:** You should have any snacks, water, tea or coffee at hand, and take breaks for snacks or bathroom as needed.
7. **LUNCH:** Mindfully prepare and bring a lunch. Eating and walking will be part of the day’s silent meditation practice.
8. **COMFORT:**
 - ◇ Wear loose fitting clothing and wear layers you can adjust, as the temperature may vary.
 - ◇ Bring your customary blanket, pillows, or cushion. The classroom chairs, cushions and blankets will be available for you as well.
 - ◇ You may want to bring a water bottle.
 - ◇ Know that discomfort will inevitably arise at certain points in the day, and that this is unavoidable, just as in everyday life.
9. The retreat will conclude at 4:00 pm. Try to plan an evening that includes some peacefulness, and opportunity for reflection.