

**Retreat Schedule**

*The times and structure below are merely suggestions. Please use and edit this document to make the program fit your own needs and circumstances.*

**PRE-RETREAT INTRODUCTION AND PREPARATION** (Evening/Day before Day 1)

|  |  |  |
| --- | --- | --- |
| TIME | MODULE | NOTES |
|  | **INTRODUCTION** (Video) | Acquaint yourself with the user interface and the overall structure of the program. Questions? Send them to: info@art-of-being.org. |
|  | **MAKING A HOME RETREAT** (Video and Information Handout) | Make preparations for your retreat:* Edit this schedule to fit your needs
* Post schedule in a visible location
* Make arrangements for any life commitments during retreat
* Decide how you wish to engage or disengage from devices and social activity during retreat
* Prepare your meditation and art spaces, materials, and journal
* Review reading list and prepare any texts you wish to study
 |

**DAY 1: LANDING**

|  |  |  |
| --- | --- | --- |
| TIME | MODULE | NOTES |
| 9am | **IN THE HEART OF THE LAND: SAN GIOVANNI SGADARI** (Video and Journal Contemplation) | * Sit quietly for a few minutes to allow your mind and body to settle.
* Watch the video to gain a sense for the virtual “home” of our retreat program in San Giovanni Sgadari
* Contemplate and journal on your intention for this retreat
 |
| 10:00am | **WHAT IS MINDFULNESS?** (Video and Session Handout) | * Watch video introduction
* Read Session Handout
* Contemplate: *What strikes you about this introduction?* *What resonates with your own experience? How do you perceive it might be beneficial?*
 |
| 11:00am | **MEDITATION PRACTICE: GROUNDING MEDITATION** (Video and Audio Guided Practice) | * Settle into your meditation space and try the Grounding Meditation
* Reflect on your experience
* Review the *What is Mindfulness?* Session and contemplate: *what from the introduction resonated in your practice experience*?
* Repeat the Grounding Meditation practice – experimenting with lengthening the time slightly or doing the practice without guidance (set a meditation timer for this)
 |
| 12:00pm | **MINDFUL LUNCH** | * Try to carry a state of mindful awareness into your lunch period
* Use the physical activity of food preparation, eating, and your sensory awareness as the object of your meditation as you prepare and eat your lunch
 |
| 1:00pm | **STUDY OR REST** | Take time to rest, go for a walk, or study any of the readings you have selected |
| 2:00pm | **JOURNAL CONTEMPLATION: ART OF BEING** (Video and Session Handout) | * Begin with a 5-minute Grounding Meditation
* Watch the video and read the session handout to get a sense of the *Art of Being* approach to mindful artmaking
* Journaling: Contemplate and record your responses to the questions on the Session Handout
* Visual Mapping: What does “Your Art History” look like visually? – play with mapping your artistic journey on the pages of your journal
* Share any observations or insights in the Comments section of the session
 |
| 3:00pm | **ART EXPERIENCE: FINDING YOUR LINE** (Video and Session Handout) | * Watch the introduction section of the video
* Prepare your art space and materials
* Complete the Art Experience using the video to guide you
* Use the Witnessing prompts to contemplate your work and experience
* Record any observations in your journal and/or the Comments section for this session
 |
| 4:00pm | **FINDING YOUR LINE (EXTENSION)** | * Repeat the *Finding Your Line* Experience with different materials or complete the Extension activity on the Session Handout
 |
| 6:00pm | **MINDFUL DINNER** | Bring mindfulness into your preparation and eating of dinner |
| 8:00pm | **GROUNDING MEDITATION** | Bring your day to a close |

**DAY 2: CONNECTING**

|  |  |  |
| --- | --- | --- |
| TIME | MODULE | NOTES |
| 8:00am | **MINDFUL BREAKFAST** | Bring mindfulness into your preparation and eating of breakfast |
| 9:00am | **MEDITATION PRACTICE: MINDFULNESS OF BODY & BREATH** (Video and Audio Guided Practice) | * Settle into your meditation space and try the practice with guiding
* Reflect on your experience
* Review the *What is Mindfulness?* Session and contemplate: what from the introduction resonated in your practice experience?
* Repeat the practice – optionally experiment by doing the practice without guidance (set a meditation timer for this)
 |
| 10:00am | **JOURNAL CONTEMPLATION: A LARGER TAPESTRY** (Video and Session Handout) | * Begin with a 5-minute Grounding Meditation
* Watch the video and read the session handout to explore the ideas
* Journaling: Contemplate and record your responses to the questions on the Session Handout
* Visual Mapping: What does your connection to the “Larger Tapestry” look like? Visually map how your life is situated within a larger context of family, culture, and history
* Share any observations or insights in the Comments section of the session
 |
| 12:00pm | **MINDFUL LUNCH** | * Bring mindfulness into your preparation and eating of lunch
 |
| 1:00pm | **STUDY OR REST** | Take time to rest, go for a walk, or study any of the readings you have selected |
| 2:00pm | **MEDITATION PRACTICE: TOUCHING EARTH, BREATHING AIR** (Video and Audio Guided Practice) | * Settle into your meditation space and try the practice with guiding
* Reflect on your experience
* Repeat the practice – optionally experiment by doing the practice without guidance (set a meditation timer for this)
 |
| 3:00pm | **ART EXPERIENCE: INNER & OUTER LANDSCAPE** (Video and Session Handout) | * Watch the video, pausing to contemplate when directed
* Prepare your art space and materials
* Complete the Art Experience
* Use the Witnessing prompts to contemplate your work and experience
* Record any observations in your journal and/or the Comments section for this session
 |
| 6:00pm | **MINDFUL DINNER** | Enjoy a mindful dinner |
| 8:00pm | **MINDFULNESS OF BODY & BREATH** | Bring your day to a close |

**DAY 3: BEING IN THE WORLD**

|  |  |  |
| --- | --- | --- |
| TIME | MODULE | NOTES |
| 8:00am | **MINDFUL BREAKFAST** | Bring mindfulness into your preparation and eating of breakfast |
| 9:00am | **MEDITATION PRACTICE: CYCLE OF FLOURISHING & GROWTH** (Video and Audio Guided Practice) | * Settle into your meditation space and try the practice with guiding
* Reflect on your experience
* Review the *What is Mindfulness?* Session and contemplate: what from the introduction resonated in your practice experience?
* Repeat the practice – optionally experiment by doing the practice without guidance (set a meditation timer for this)
 |
| 10:00am | **MEDITATION PRACTICE: WALKING MEDITATION** (Video and Audio Guided Practice) | * Watch the video
* Try the Walking Meditation practice both indoors and outdoors if possible
* Use the audio guided practice to take the practice with you
* Reflect on your experience: *how is the experience different from sitting practice?*
 |
| 12:00pm | **MINDFUL LUNCH** | * Bring mindfulness into your preparation and eating of lunch
 |
| 1:00pm | **STUDY OR REST** | Take time to rest, go for a walk, or study any of the readings you have selected |
| 2:00pm | **MEDITATION PRACTICE: CHOOSE FROM THE PRACTICES** (Video and Audio Guided Practice) | Settle into your meditation space and choose one of the previous meditation practices to do  |
| 3:00pm | **ART EXPERIENCE: A WAY OF BEING** (Video and Session Handout) | * Watch the video, pausing to go for a nature walk when directed
* Return with a natural object
* Finish watching the video
* Complete the Art Experience
* Use the Witnessing prompts to contemplate your work and experience
* Record any observations in your journal and/or the Comments section for this session
 |
| 6:00pm | **MINDFUL DINNER** | * Enjoy a mindful dinner
 |
| 7:00pm | **JOURNAL CONTEMPLATION: BEING IN THE WORLD** (Session Handout) | * Contemplate your experience of these three days of retreat – what intentions, commitments, practices, or insights will you carry with you into your life?
* Record in your journal and/or in the Comments section of this session
 |
| 8:00pm | **MEDITATION PRACTICE: CYCLE OF FLOURISHING & GROWTH** | * Bring your retreat to a close
 |