A picture containing beach, water, game

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**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)

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| 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](mailto: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**

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| 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**

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| 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**

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| 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 |