



Sample Retreat Schedule

The times and structure below are merely suggestions. Please use the editable version of 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: <ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• 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)	<ul style="list-style-type: none">• Watch video introduction• Read Session Handout• Contemplate: <i>What strikes you about this introduction? What resonates with your own experience? How do you perceive it might be beneficial?</i>

11:00am	MEDITATION PRACTICE: GROUNDING MEDITATION (Video and Audio Guided Practice)	<ul style="list-style-type: none"> • Settle into your meditation space and try the Grounding Meditation • Reflect on your experience • Review the <i>What is Mindfulness?</i> Session and contemplate: <i>what from the introduction resonated in your practice experience?</i> • 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	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Begin with a 5-minute Grounding Meditation • Watch the video and read the session handout to get a sense of the <i>Art of Being</i> 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)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • Repeat the <i>Finding Your Line</i> 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)	<ul style="list-style-type: none"> Settle into your meditation space and try the practice with guiding Reflect on your experience Review the <i>What is Mindfulness?</i> 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)	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> Settle into your meditation space and try the practice with guiding Reflect on your experience Review the <i>What is Mindfulness?</i> 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)	<ul style="list-style-type: none"> 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: <i>how is the experience different from sitting practice?</i>
12:00pm	MINDFUL LUNCH	<ul style="list-style-type: none"> 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)	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Enjoy a mindful dinner
7:00pm	JOURNAL CONTEMPLATION: BEING IN THE WORLD (Session Handout)	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> Bring your retreat to a close