

Imagine All Day Retreat

On the Saturday after Session Six, from 3:00 AM ([TIME CALCULATOR](#)) to 12:00 PM PT ([TIME CALCULATOR](#)) live online.

“The sound of one person talking is not very loud. However, if two or three people talk at the same time, the sound is two or three times amplified. The same is true with silence. When we sit on our own, we may touch a little bit of silence, yet when we sit together, the depth of silence is profound.” (Jonathan)

We are looking forward to sitting with you on this day of self-care, a day of profound practice, and of sitting together with our World Online Community. Many have said that the Day Retreat has been one of the most powerful experiences during the MBSR program! These guidelines will help you prepare for the day.

What to expect and how to prepare?

We invite you to prepare your space so it reflects your intentions for your practice. We all want to arrive in ‘being’ mode instead of ‘doing’ mode. Set up a space in your house where you can be without being disturbed, a place where you feel comfortable and safe to sit and lay with your eyes closed.

Having all you need ready and close-by is helpful to experience the day fully. The following are considerations in preparing what you need for the retreat.

- Create a space where you can enjoy the day without being interrupted by a person, pet, or phone (putting your phone on airplane mode).
- Having a yoga mat, some pillows, cushions, and a blanket can help during the day.
- Be aware of the temperature. Consider clothing layers and perhaps extra socks.
- Prepare food in advance (snack/morning/lunch/evening meal) to enjoy eating mindfully.
- Feel free to have water, tea, or another drink available during the day.
- Find a place where you can safely practice mindful walking - which may be outside.
- Let others in your living space know you are participating in a retreat.
- Be sure that your device is fully charged and connected to a power source.

We will start our day at 3 AM PST ([time calculator](#)) with an official opening and end our time together, coming out of silence at 12:00 PM PST ([time calculator](#)). You are welcome to join for the entire 9 hours, join for the usual 6 hours, or join and leave at any time that works for you. Please make sure to mute yourself when you join and settle into the practice, knowing we will welcome you with a smile. When you leave, please schedule some time for yourself to break the silence in a kind and compassionate way. Perhaps you continue, by yourself, to sit for 10 minutes in silence, with gratitude for yourself that you have joined the day for the time you did. Perhaps, after these 10 minutes, you start by humming or making some other soft sounds, taking some time for yourself to gently ease back into speaking mode and continue to be kind and gentle to yourself. Remembering you are more vulnerable, more open, after a prolonged time of practice.

During the retreat, we will be guiding you through all MBSR practices: formal practices such as body scan, sitting meditation, walking meditation, meditation in motion and also some informal practices

including poems and a morning/ lunch/ evening meal. There will be breaks during the day as well, including the possibility to go outside during walking meditation.

In preparation for the day retreat, you might want to consider having something close to you that can serve as an anchor during periods of overwhelm. Perhaps a gem-stone you like, a picture of you with a dear one, a bouquet of flowers: something that can help you to come back to the here and now, that you identify with as part of your life and that feels safe. Of course we will be available for you if at any moment you feel the practice is becoming too much.

There will be three 30 minute food meditations throughout the day - they could be breakfast, lunch, dinner or a snack depending on your time zone. Please consider preparing food beforehand, food that you will enjoy eating slowly and mindfully. You might want to think about the source of the food, food to eat with your hands or cutlery and other choices that are important to you, maybe choose a vegetarian meal so you will enjoy looking deeply into your food. We are going to try to have our shared meal around [4:35 am PT](#) / [7:20 am PT](#) / [9:55 am PT](#). ([TIME CALCULATOR](#) in link).

At the end of our 9 hours together we will break silence with some brief sharing. We recommend that *after* the Day Retreat you continue to take good care of yourself and not plan too much.

We look forward to spending a day together in silence.

