



LOVING KINDNESS RETREAT

Perfectly Here's 88th Daylong Retreat

May 16 & 17 10:00 AM to 7:00 PM

RETREAT FORMAT

Format for Saturday & Sunday – topics will evolve on Sunday

- 10:00 Arriving, Introducing the day's theme, format, teachers and setting the tone
- 10:30 1st Meditation of the day – guided sitting
- 10:45 Participant Introductions
- Begin Noble Silence:** Please keep comments/ questions for Q & A time
- 11:15 Sitting Meditation, Mindfulness Immersed in the Body
- 11:30 **Walking** Meditation, Mindfulness immersed in the body
- 12:00 **Break**
- 12:15 Q & A
- 12:30 Mindful Movement – Body Awareness & Relaxation
- 12:45 Sitting Meditation – The Pathway of the Breath – **Joel McNenny**
- 1:15 **Break** - Lunch - Mindful Eating, 8 senses – **Joel McNenny**
- 2:15 Mindful napping
- 2:30 **Mindful Walk** with Loving Kindness – step meditation
- 2:50 Elaborating on Loving Kindness as a mature emotion
- 3:15 Sitting Meditation, Breath & Self-Forgiveness
- 3:45 Breakout Rooms – Then group check-in Q & A
- 4:15 **Break** – **Mindful Self–Free time to reflect**
- 5:00 Talk on Self-Love & Ability to Heal
- 5:30 Sit with Breath Mindfulness – Befriending – **Joel McNenny**
- 6:00 **Walking** Meditation
- 6:30 Closing circle**
- 7 PM Enjoy your dinner and have a good night.** If you have committed to attend Sunday as well, please practice to retain your quiet, refrain from speaking as much as possible to keep the continuity of your inner focus.

Sunday begins at 10am sharp. Same structure, more deepen practices.