



## **Mindfulness Weekend Sample Itinerary**

### **The Weekend:**

#### **Friday**

- Check in from 4pm.
- Dinner @ 6.00pm sharp
- Introduction session 7.30pm – 9pm

#### **Saturday**

- Breakfast at Leisure
- Morning session 10am – 12noon
- Light Lunch at 1pm
- Afternoon session 2pm – 4pm
- Dinner at 6pm sharp
- Evening session 7.30pm – 9pm

#### **Sunday**

- Morning session 10am – 12noon.
- Check out & departure.

### **The Sessions:**

#### **Friday 7.30pm -9.00pm**

- Introduction session – Group introductions, Outlining the benefits & boundaries of the Retreat, Establishing levels of experience, Guided practice - ‘Coming in to land’.

#### **Saturday**

Morning session: 10.00am -12noon

- Tutorial: Understanding the effects of Stress, The Principles of Mindfulness, Practical applications for daily life,
- Practice: Breath Awareness & Breathing techniques, Guided Body Scan & Visualisation.

Afternoon session: 2pm – 4pm

- Mindful walk to the lake shore, ‘Engaging the Senses’ mindfulness practice, (only extreme weather would interfere with this) (pack trainers and coat)

Evening session: 7.30pm – 9.00pm

- Tutorial - Trouble shooting participants practice, Q & A, Guided Mindfulness
- Practice – ‘Listening & Self Awareness’. (Participants are invited to remain in silence after the session until after breakfast next morning – those wishing to remain silent will wear a sticker informing others.)

## **Sunday**

Morning session 10am – 12noon:

- Shared reflections on the weekend and what participants feel they are bringing home with them.
- Tutorial – ‘Our Mindful Place in the World’.
- Practice – ‘Loving Gratitude & Loving Kindness’