

# Weekend Residential Silent Retreat

## October 23rd-25<sup>th</sup>

### Additional Information

#### Accommodations:

We will be at Pinnacle Leadership Center in Kensington, New Hampshire located twenty minutes away from IMCN. Directions will be provided to those attending.

We will be staying in two cabins – all rooms will be same sex, although bathrooms (single) are co-ed. The cabins are named “Clem’s cabin” and “Charward cabin.” Clem’s cabin is a distance from the Main Hall where our meditation practice will be held.

Charward cabin is right there where the Main Hall is. Transportation to the Main Hall will be afforded those who stay in Clem’s cabin, however, you may choose to walk to the Main Hall which is about a 20 minute walk through the beautiful pathed woods. You may want to pack a flashlight if you think you may want to walk.

Charward cabin is where we have all our meals.

All rooms in both cabins are shared rooms with at least three beds. Bedding and towels are provided. There will be shared co-ed hall bathrooms.



**NOTE:** We were advised that there is going to be a Halloween Event with the Town of Kensington on the grounds of the property at Pinnacle (Big Top Field) Saturday evening from 4 to 10pm. Those staying in Clem's cabin may hear music and there will be cars driving in and out of the main parking lot, which is located near Clem's cabin. We will be at the Main Hall for most of this event. Everyone staying in Clem's cabin will be driven back after meditation.

**Meals:** All meals are included, along with healthy snacks. All meals will be vegetarian. Both cabins have refrigerators, so if you want to bring any additional food you are welcome to use them.

**Clothing:** You may want to bring a variety of layers, depending upon the weather. We will be doing walking meditation outside (again, weather permitting).

Also, some attendees may be very sensitive to **strong scents**. If you normally use scented products, please refrain from doing during the retreat. This includes perfumes, colognes, and heavily scented lotions.

**Yoga:** The mindfulness yoga we offer emphasizes awareness of the coordinated movement of the body and breathing, it makes breath sensations more vivid and enables sitting meditation to be more stable and comfortable. No previous yoga experience required and individual needs will be honored. We have an ample supply of sitting cushions and yoga mats, but you are welcome to bring your own if you wish.

**Volunteer Yogi Jobs:** Once you are registered into your cabin, we will ask for volunteers to assist in washing & drying dishes, kitchen clean up, drivers will be needed from Clem's cabin, and morning bell ringers.

**Regarding Silence:** Once our retreat begins, you will be asked to honor what is known as 'noble silence' – a quieting of the body and voice that helps cultivate a calm and peaceful retreat environment. This powerful tool greatly enhances the deepening of concentration and awareness. Noble silence also fosters a sense of safety and spiritual refuge.

We request that you not engage in other forms of communication while on retreat. Please turn off your cell phones for the duration of your stay and leave behind your laptops, iPods, iPads and other communication devices so that you can commit to your retreat wholeheartedly and reap the benefits of that commitment.

Silence will be broken at the end of the Retreat, in time to allow you to talk and share your experience with other participants.

## Weekend Retreat Schedule

### Friday October 23rd

5:00-6:30pm	Registration
6:00-7:00pm	Light Dinner*
7:15-9:00pm	Introductions, Opening Talk, Evening Practice
9:00pm	Rest

### Saturday October 24th

6:45am	Rising Bell (6:30 Lower Building)
7:15-7:30am	Optional Mindful Movement
7:30-8:00am	Sit
8:00-9:00am	Breakfast*
9:00-9:45am	Meditation Instruction and Sitting
9:45-10:30am	Walking Instructions and Walking
10:30-11:15am	Sit
11:15-11:45am	Walk
11:45-12:30pm	Sit
12:30-1:45pm	Lunch and Rest*
1:45-2:15pm	Walk
2:15-3:00pm	Stand/Lie/Sit
3:00-3:30pm	Walk or Meditation Q&A
3:30-4:15pm	Sit
4:15-5:15 pm	Walk or Yoga
5:15-6:00 pm	Sit
6:00-6:45 pm	Dinner*
6:45-7:15 pm	Walk
7:15-7:45 pm	Dharma Reflection
7:45-8:15 pm	Walk
8:15-9:00 pm	Sit
9:00 pm -onward	Optional Practice and Rest

### Sunday, October 25th

6:45am	Rising Bell (6:30 Lower Building)
7:15-7:45am	Sit
7:45-8:45am	Breakfast*
8:45-9:30am	Sitting Meditation
9:30-10:15am	Yoga or Walking
10:15-11:00am	Sitting
11:00-11:30am	Reflections and Closing

\*Those who have volunteered for Yogi jobs (washing, drying & kitchen cleanup) will also be performed at this time.

While we are at Pinnacle, **Debra Sullivan**, will be in charge of the retreat. If you have any problems or concerns at all, she is your contact person and will be available at all times. There are no staff from “Pinnacle” there to assist. If you have any questions before the retreat, please do not hesitate to contact her at [meditate@imcnewburyport.com](mailto:meditate@imcnewburyport.com)