

## **Silent Retreat: 1<sup>st</sup> – 8<sup>th</sup> June 2018**

### **PROGRAMME**

**Arrival:** It is possible to register from 2 pm on Friday 1<sup>st</sup> June. This allows time to settle in and explore St Cuthman's beautiful grounds and surroundings. Tea will be available at 4 pm, there will be an official welcome at 4.30 pm followed by dinner at 5.30 pm after which the Retreat will be in silence.

**Departure:** The Retreat, and the silence, will end at lunchtime on Friday 8<sup>th</sup> June. Except in case of emergency, please plan to be present at the whole Retreat.

The programme is intensive, starting each day at 7 am and ending at 9.15 pm.  
The format for each day is the following:

7.00 - 7.30	Sitting meditation
7.30 - 9.30	Breakfast
9.30 - 10.15	Instructions and sitting meditation
10.15 - 11.00	Walking meditation
11.00 - 11.45	Sitting meditation
11.45 - 12.30	Walking meditation
12.30 - 2.30	Lunch
2.30 - 3.15	Sitting meditation
3.15 - 4.00	Walking meditation
4.00 - 4.45	Sitting meditation
4.45 - 5.30	Walking meditation
5.30 - 7.00	Dinner
7.00 - 7.30	Sitting meditation
7.30 - 8.15	Dharma talk / questions
8.15 - 8.45	Walking meditation
8.45 - 9.15	Sitting meditation

### **WHAT TO BRING**

You are required to bring your own meditation stool or cushions if you want to sit on the floor. It would also be a good idea to bring a blanket or a shawl to make sure that you are warm and comfortable during sitting meditations.