

Nurturing Silence Retreat: The Zen of Rest

October 22-23, 2021

"If you're silent, you can hear the forest breathe, the holy hush of the tree's limb." Felicia Morrell

Take time out to relax, slow down and savor life exactly as it is. Rest your body, quiet your mind, and listen to those sparks of inspiration that arise when you take time to nurture a quiet listening presence. In this retreat, you'll have time to let silence seep into the depths of your being, learning core practices to help sustain awareness while sitting, moving, walking, eating, working, resting, or whatever you're doing. Guided in practices that cultivate inner silence, while in your own space for a full weekend, you'll emerge feeling revitalized with new insights and practices to take into your everyday life.

Your Nurturing Silence Team:



Lana Cullis, Debra Donohue, Patti Beer, Jeri Mortimore, Barbara Rose, Jodi Capling and Lisa Neudorf.

Friday, October 22 (all times are pacific time)

5:00 Community Dinner - Join when you can! – **Debra**

Think back to the last time you attended an in-person event... maybe quite awhile ago! Remember what the first few moments were like? Maybe you didn't know anyone, and it felt a bit awkward to say hello, maybe you knew lots of people and you were excited to hug and chat! Hopefully, you made a few new friends and made it past that first session feeling excited for the rest of the event. That's the experience we are going to host for you on Friday! And we will need your help! If you already had dinner, maybe bring your dessert, or perhaps you just ended your last video call for work at 5pm and will join us from your kitchen as you cook!

6:15 Welcome and Intro to Silent Practices – **Jeri Mortimore**

7:30 Bedtime Story: The Other Way To Listen

Find a comfy place to sit or lie down and revisit a time when bedtime stories were read to you.

Saturday, October 23 (all times are pacific time)

7:45 Zoom opens, log in now

8:00 A Gentle Zen Yoga Practice - **Barbara Rose**

9:45 Sitting and Walking Meditation – **Barbara Rose**

11:30 Guidance for Practicing On Our Own: **Lana Cullis**

12:00 Mindful meal prep and eating meditation – **Lisa Neudorf**

Mindfully prepare to eat your lunch with this short meditation and instructions.

1:00 Writing into Silence – **Lana Cullis**

Writing offers the opportunity to capture and preserve fleeting encounters with our own deep wisdom. The practices of Zen help us to slow down, be still and be present. Zen brings about a state of calm attentiveness so one can be guided by intuition. With intention, silence can become a vessel for reflection and discernment. During this session, we will contemplate our deepest soul whispers and play with ways to write about our experiences from within silence.

For this session come with a notebook and pen, or another favorite writing device. No writing experience is necessary.

2:30 Open time for Practices of Rest and Healing. **Patti Beer**

Patti will share ideas for practicing rest and healing on your own with water, nature, and art using everyday items in your home or neighbourhood.

5:00 Mindful meal prep and eating meditation – **Lisa Neudorf**

Mindfully prepare to eat your evening meal with this short meditation and instructions.

6:00 Listening Circles – **Debra Donohue**

Our Listening Circles will give you a chance to hear and share wisdom from our personal experiences in silence and bask in the support of community.

7:00 Yoga Nidra – **Jodi Capling**

Break the cycle of tension and fatigue, regain health and vitality, and reconnect to your soul's calling, through the practice of Yoga Nidra. Begin with a few gentle stretches and breathing techniques to help release tension, then experience a full 40-minute Yoga Nidra practice, a sleep-based, conscious relaxation and meditation practice done in a lying down position. You will leave your busy outer life behind, and enter your inner world, and a relaxed, subconscious state of mind, where healing truly begins.

8:00 Bedtime Ice Jam story – **Lana Cullis**

Drift away as you are transported to the North in the Ice Jam Story