

# Nurturing Silence Retreat: The Zen of Rest

October 22-24, 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 Zen style 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: Vickie MacArthur, Lana Cullis, and Debra Donohue

## 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 "The Zen of Rest" Practices – Vickie

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**

7:45 Zoom opens, log in now

8:00 A Gentle Zen Yoga Practice

9:45 Sitting and Walking Meditation

11:30 Guidance for Practicing On Our Own:

12:00 Mindful meal prep and eating meditation

Open time for Zen practices: Nature Walk, Journaling, Contemplative Reading, Listening to Online dharma talk, or Resting

3:50 Re-join zoom

4:00 Breathe, Stretch, Sit Meditation (Optional)

5:00 Mindful meal prep and eating meditation

6:00 Listening Circles – Debra

*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 – Vickie

*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.*

Bedtime Poetry

*Drift away to other times and places listening to poetry as you relax into your evening or sleep time.*

## **Sunday, October 24**

10:00 Morning Meditation

10:30 Satsang and Closing Circle – Vickie and Doug MacArthur

*Satsang is a Sanskrit word that describes a way of coming together in community to experience the pure truth and love that is beyond religion or culture. Even online, the simple act of joining to sing can touch places within us that spoken words cannot. Singing together dissolves boundaries and opens our hearts to the silent truth that is beyond words.*

*Doug and Vickie will share simple songs and chants from various spiritual traditions you can sing in your own space, from the silence of "Om" to a joyful "Alleluia". Clap your hands with lively rhythms and the beat of a drum, and let soulful melodies guide you into the silence that connects our hearts as one united voice. Together we will create a vibration of peace to fill the world.*

11:30 Farewell