

Setting up the Conditions for the Retreat

This retreat is an opportunity to deepen your practice whilst still being at home and we hope that the following ideas may help.

Creating a Space

Leave the weekend as free as you can from your ordinary activities of daily life - work, shopping, etc. It's helpful to have time to do nothing else but enjoy and absorb the meditation; let the mind relax!

Preparing a space with a shrine, where it is quieter and supportive of meditation, may also help create a special atmosphere for the weekend. Perhaps print out a picture of the Buddha (see the resources below) if you have access to a printer, put some flowers in a vase, and have some tea-lights or candles to hand.

We'll be recommending that you spend as much time in silence over the weekend as is practical for you in your setting. To support that, plan on reducing other input as much as possible - come off e-mail, social media etc, and even Slack - and try to maintain the silence as much as you can. If you live with other people, think about letting them know what you're doing for the weekend and asking for their support.

The retreat space you'll be in is neither at the Centre, nor at home in the normal way, but a space in between. Enjoy inhabiting and exploring that realm!

Meditating Together

While there'll be lots of silence (other than in the group sessions and pujas), we will be on retreat together! Do bear in mind friends on the retreat, put them in your metta practice and know that you are part of something bigger - taking part in a joint endeavour.

Zoom

We will use the same Zoom link for all the sessions throughout the weekend (and no passcode is required):

<https://us02web.zoom.us/j/89296996537>

Think about where you'd like to point your Zoom webcam if you have a choice - at yourself, at your shrine/candle, half-and-half? Seeing each other on screen

(if you're happy to be seen) really helps create a sense of sangha, and a screen full of each others candles / shrines can be a wonderful backdrop for puja.

If at any time you drop out due to a technical problem then simply rejoin when you can. There are a couple of group sessions on the programme and you'll be put back into your group.