

## **Mind – Body – Soul Retreat Guidelines**

We collaboratively offer tools to inspire our community to learn and practice mindfulness and holistic self care practices. As instructors we are offering our knowledge-but do not possess it - we grow together toward our vision by creating space and practices that heal, as well as restore trust in the breath and body.

### **Arriving & Departing**

Registration is between 9:00am and 9:45am. The program will start at 10:00am sharp on August 29, 2021, and will end at 7:00pm. You are expected to participate in the entire course –it is not acceptable to arrive after 10am or leave the retreat early as this can be disruptive to other retreatants.

### **All Are Welcome**

Retreatants should be age 18 and older. Childcare will not be offered. No experience with mindfulness is necessary and experienced practitioners are also welcome.

### **Retreat Schedule**

We will offer one schedule to follow throughout the retreat. The schedule will include sitting meditation, trauma-informed healing practices (ex. tapping), yoga, mindful eating, breaks, wellness talks, and time to communicate with others.

### **Practicing Silence**

An important aspect of mindfulness is to create silent space for the minds and hearts to rest. There will be specific times when silence is expected and other times when whispered conversation and fully expressive connection is invited. We expect all retreatants to follow the schedule to know when silence is needed and when it is not.

### **Food**

There will be food! We will serve a substantial lunch and a light dinner. If you have a food allergy, please contact us prior to the retreat. If you'd like, you may bring snacks to carry with you.

When we eat, we will practice mindful eating. There will be instruction on how to engage in this practice.

### **Attire**

Dress in comfortable and attire that allows for free movement. Do not wear perfume or strongly-scented deodorants as sensitivities can heighten on retreat.

Above all, wear an outfit that helps you to relax and protects you from mosquitos and insects.

A raincoat is optional if it rains. The majority of the programming will be outdoors - we will be inside if it rains.

## **Cell Phones**

We highly recommend that you *leave your phone at home or in your vehicle* for the duration of the retreat. Let family and friends know you will be unavailable during this day.

## **Retreat Etiquette**

Retreat is not a place to meet and greet with others or catch up with friends. It is, instead, a place to meet ourselves with compassion. Please honor and respect one another's silence, space, belongings, and time.

## **What to Expect**

Recognize that nothing is perfect or permanent. During the retreat you may experience joy, frustration, happiness, restlessness, expectation, doubt, and countless other thoughts, feelings, and emotions. Receive all with a welcoming attitude and simply engage in the practice again.

## **Ethical Guidelines for Retreatants**

- To refrain from harming any living, sentient beings – not to kill or intentionally hurt any person or creature, even an insect.
- To refrain from taking what is not freely given – not to steal or 'borrow' without the consent of the giver; to accept what is offered and not try to change it or get more.
- To abstain from sexual activity or PDA (more relevant for overnight retreats).
- To practice noble silence and to refrain from harming by one's speech – not to lie, gossip or use harsh or hurtful language.
- To abstain from using alcohol, recreational drugs and other intoxicants that cloud the mind and harm the body. (This does not apply to prescription medicines.)

## **Medical**

We supply some first aid materials, in case of common, non-serious ailments or injuries. In the event of a medical emergency, we will call 911. We do have a psychologist and nurse on staff but they will not be treating or diagnosing ailments.

If you have a medical condition that we should know about and might accommodate, please contact us in advance of the retreat.

## **No Smoking**

Smoking is not permitted on the retreat grounds. If you need to, please walk or drive off the camp grounds.

## **What Not to Bring**

We do not recommend bringing many, if any, personal belongings. No books, magazines, cameras, or walking sticks (This does not apply to mobility assistance). You will not need your watch. If you prefer to wear a smart watch then please make sure it is silenced.

## **What to Bring**

Necessary: Yoga mat or towel, meditation cushion, meditation bench or folding chair.

Suggested: Insect repellent. Water bottle. A notebook and pen if you'd like to take notes.

Optional: Additional food supplements, vitamins or medication in a small bag or nap sack to carry with you. Extra cash or checks for donations or to purchase food. A blanket to wrap yourself while sitting.