

The Center for Contemplative Mind in Society
2010 Fall Retreat for Academics, The Garrison Institute
November 11 – 14, 2010

AGENDA

Thursday, November 11: Entering Retreat

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| 3:00 – 5:00 p.m. | Arrivals and Check-in |
| 6:00 – 7:00 p.m. | Dinner |
| 7:15 – 9:15 p.m. | Introduction to the Retreat, the Practices, Each Other |
| 9:15-9:30 p.m. | Meditation |

Friday, November 12: Cultivating Attention

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| 7:00 –7:15 a.m. | Morning stretch for meditation, led by Sunanda Markus |
| 7:15 – 7:45 a.m. | Meditation, led by Mirabai Bush |
| 8:00 – 9:00 a.m. | Breakfast |
| 9:15 – 10:00 a.m. | Meditation, led by Mirabai Bush |
| 10:00 – 10:30 a.m. | Walking practice |
| 10:30 – 11:15 a.m. | Eating Meditation and introduction to silence, led by Mirabai Bush |

Please note that, from this point forward, our group will go into silence until Saturday afternoon

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| 11:15 a.m. – 12:00 p.m. | Yoga, led by Sunanda Markus |
| 12:15 – 1:30 p.m. | Lunch |

Friday, November 12: Cultivating Attention

1:30 – 2:30 p.m.	Break
2:30 – 3:15 p.m.	Meditation on sound, led by Arthur Zajonc
3:15 – 3:30 p.m.	Coffee, tea, and snacks
3:30 – 4:15 p.m.	Walking practice
4:15 – 5:00 p.m.	Meditation, led by Arthur Zajonc
5:00 – 5:30 p.m.	Walking practice
6:00 – 7:30 p.m.	Dinner
7:45 – 9:15 p.m.	Contemplative Arts Session

Saturday, November 13: Inquiry

7:00 – 7:15 a.m.	Morning stretch for meditation, led by Sunanda Markus
7:15 – 8:00 a.m.	Meditation, led by Arthur Zajonc
8:15 – 9:00 a.m.	Breakfast
9:15 – 10:00 a.m.	Meditation, led by Mirabai Bush
10:00 – 10:30 a.m.	Walking practice
10:30 – 11:00 a.m.	Lovingkindness Practice, led by <i>Mirabai Bush</i>
11:00 a.m. – 11:45 p.m.	Yoga, led by Sunanda Markus
12:00 – 1:30 p.m.	Lunch

Saturday, November 13: Inquiry

1:30 – 2:00 p.m.	Break
2:00 – 2:20 p.m.	Silent Meditation led by Arthur Zajonc
2:20 – 3:15 p.m.	Meditation on Nature, led by Arthur Zajonc
3:15 – 3:30 p.m.	Coffee, tea, and snacks
3:30 – 4:45 p.m.	Breaking the Silence Free Writing, Deep Listening Practice, led by Mirabai Bush
4:45 – 5:30	Partners Meditation, led by Arthur Zajonc
6:00 – 7:30 p.m.	Dinner
7:45 – 9 p.m.	Meditation and Discussion on Contemplative Teaching

Sunday, November 14: Living the Questions

7:00 – 7:15 a.m.	Morning stretch for meditation, led by Sunanda Markus
7:15 – 7:45 a.m.	Meditation, led by Arthur Zajonc
8:00 – 9:00 a.m.	Breakfast
9:15 – 10:00 a.m.	Loving Kindness Meditation, with instruction, led by Mirabai Bush
10:00 – 10:30 a.m.	Walking Practice
10:30 – 10:45 a.m.	Break with coffee, tea, and snacks

10:45 a.m. – 12:00 p.m. Taking the Practice Home: Closing Circle

12:00 p.m. Bag Lunches available