



Unplug and Embrace Silence Retreat

Thursday November 10 – Sunday November 13, 2022

All activities are offerings to enhance and support your practice of inner contemplation

Tentative Schedule – subject to change

THURSDAY **Check in**

- 1:00 – 4:30 PM Check in
- 5:30 Light Dinner – Lodge Dining Room (all meals held in Lodge Dining Room)
- 6:00 Logistics & Sunburst Overview – Dining Room
- 6:30 Opening Circle – Lodge Living Room
- 7:00 **Silent** Restorative Yoga – Lodge Yoga Room

FRIDAY **All Day – Practicing Communal Silence**

- 6:30 – 7 AM **OPTIONAL** – Sunburst Weekday Morning Silent Group Meditation – Temple
- 8:00 Guided Sitting Meditation: Hong Sau Technique of Concentration – Temple
- 9:00 **Silent** Continental Breakfast
- 10:30 **Silent** Group Walk/hike — Meet at Lodge (Weather Permitting)
- 12:30 PM **Silent** Lunch
- After lunch **Silent** Afternoon Unstructured Time
- 5:30 **Silent** Dinner
- 7:00 **Silent** Sound Bath with bowls – Lodge Yoga Room

SATURDAY – **All Day – Practicing Communal Silence**

- 8:00 **OPTIONAL** – Sunburst Saturday Silent Meditation – Come and go quietly – Temple
- 9:00 **Silent** Continental Breakfast
- 10:00 **Silent** Labyrinth Walk – Meet in Lodge, then walk together to labyrinth
- 12:30 **Silent** Lunch
- After lunch **Silent** Afternoon Unstructured Time
- 2:00-5:00 **OPTIONAL** – **Silent** Chair Massages (Paid directly by participants: \$1 per minute, minimum of 15 minutes) – Lodge Yoga Room
- 5:30 **Silent** Dinner
- 7:00 Closing Circle – Lodge Living Room

SUNDAY **Silence Ends**

- 7:30 Light breakfast
- 8:30 Energization Exercises – Lodge Patio
- 9:30 Going beyond the weekend – Lodge Dining Room
- 10:30 Sunburst Weekly Sunday Meditation Service – Temple
- After service Light brunch