

# RISING SPIRIT

## *Bed & Breakfast & Beyond*

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### Silent Retreat

#### Friday Nov. 22, 2024

4:00 pm	Arrival and settle in (*silence begins after Opening Session*)
5:30 pm	Dinner (not silent)
7:00 pm	Opening Session - Welcome & Introductions – Exploring what is silence? Opening Meditation.
8:00 pm	Contemplative Leisure and/or journaling
9:00 pm	Snack

#### Saturday Nov. 23, 2024

8 am	Breakfast
9:30 am	Morning Session - Awareness and Acceptance Meditation
10:30 am	Silent Yin Yoga: Finding Stillness & Chakra Opening
12:30 pm	Lunch
1:30 pm	Contemplative Leisure
3:00 pm	Snack Available
4:00 pm	Afternoon Session: Surrendering Meditation
6:00 pm	Dinner
7:30 pm	Group Reiki
8:30 pm	Drumming Release Ceremony at Fire

#### Sunday Nov. 24, 2024

8:00 am	Silent Breakfast
9:00 am	The Loving Pause Meditation
9:30 am	Closing Circle & Group Reflection (*the rest of the day NOT SILENT ☺)
11:00 am	Optional Breathwork and Cold plunge
11:30 am	Room Cleanup
12:00 am	Brunch
2:00 pm	Leave Property