

Virtual Home Retreat



Settling into Mindfulness

Working in COVID Times can be overwhelming. Always on, always digital, with few opportunities to connect to people, or even to ourselves. Yet another virtual meeting might not seem like the best answer – but taking part in a virtual home retreat – potentially with your partner, family or friends can be a powerful way to reconnect to yourself and people and deepen your mindfulness practice.

- Deepen your understanding and experience of mindfulness – The virtual home retreats are structures to provide opportunities to practice, learn and contemplate
- Reconnect to yourself and your home life – reconnect to yourself, your home and your partner and family with fresh eyes. You might rediscover moments of freshness or magic in the midst of very familiar environment
- Build a group – invite friends and colleagues to join – sit together in silence and notice that we connect deeply and build a supportive community without speaking
- Talk to each other and learn from each other – how are we all coping



Outline of the schedule (3hrs)

1. Getting to know each other and check-in (body-emotion-mind)
2. Mindfulness meditation – arrive!
3. Talk on the topic of the home retreat
4. Breakout session: reflecting on the subject of the session
5. Body exercise on the subject
6. Break
7. Short talk on the topic of the retreat
8. Meditation on the subject
9. Breakout session
10. Mindful walk outside with a task
11. Checking back in – sharing experiences
12. How to integrate and translate the experiences into daily life
13. Short final meditation and conclusion

Details

- Beginners as well as long-term practitioners are welcome to join
- You can either sit on a cushion or on a chair in order to practice
- It is helpful to wear a headset and have a stable internet connection
- Topics will vary each session – Balance attention and Awareness. Connecting to the body in daily life. Body, Breath and Thoughts. Mindful communication. Cultivating joy. Emotional Intelligence. Stress and Resilience

Registration

<https://awaris.com/virtual-home-retreats/>