

Introduction to Mindfulness – Virtual One Day Retreat

This is an example of a one day retreat for people new to mindfulness. Please note that your retreat will be tailored to your needs. We suggest a minimum of 1 attendee, and a maximum of 6 attendees. All will need access to zoom, or MS Teams.

Time	Activity	Location
09.00 am	Initial guided meditation	Zoom
09.15 am	Welcome; introductions; initial sharing	Zoom
10.00 am	What is mindfulness? Online discussion	Zoom
10.40 am	Break	Offline
11:00 am	Embodiment – Ten Mindful Movements	Zoom
11.30am	Guided meditation. Awareness of the Breath	Zoom
12:00 pm	Sharing and questions	Zoom
12:30 pm	Lunch – the 5 contemplations	Offline
1:30 pm	Practice of rest – deep relaxation	Zoom
2:30 pm	Break	Offline
2:50 pm	Guided meditation. Awareness of the Mind	Zoom
3:20 pm	Living a mindful life – discussion and Q&A	Zoom
4:00 pm	Sharing and final closing circle	Zoom
5:00 pm	Retreat ends	

Retreats are tailored to your needs, and/or the needs of your team.

The **Development** Company

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