



Barn Six day retreat schedule

The weekly schedule provides opportunities for both individual reflection and group meditation.

It is important that you are willing to participate in working on the land as part of your mindfulness practice (we can easily find suitable tasks for people with health difficulties) and that you can commit to all the scheduled activities during the week. This includes three 30-40 minute meditation sittings each day.

**Note that we hold silence from 9pm to 9am each day,
and all day Wednesday.**

Sunday:

Afternoon/evening

Arrive between 2pm and 4pm

4.30pm - Welcome talk, introductions and tour

5.30pm - Guided meditation

6.30pm - Light evening meal, then settling in.

9.00pm - Silence starts

7.00pm – Meditation (guided Tuesday & Friday)

9.00pm – Barn moves into silence until 9.00am the next day



Monday to Friday:

Mornings	Afternoon/evening
6.20am – wake up	1.00pm – lunch
6.50am – meditation	2.00pm – personal time
7.30am – household tasks	Optional afternoon activities include yoga, therapies (shiatsu, etc), reading, walking...
8.00am – breakfast	5.00pm – Teaching by visiting teachers
9.00am – silence ends, house meeting (except Wednesday)	6.00pm – Light supper prepared individually or in groups
10.30am – mindful gardening	7.00pm – Meditation (guided Tuesday & Friday)
12.20pm – meditation (guided on Monday, Tuesday and Thursday)	9.00pm – Barn moves into silence until 9.00am the next day

Saturday: As above until 8.00am - silence ends at breakfast.

Then clear rooms and depart between 9.00am and 12.00noon