

One Day Meditation Retreat:

Typically, twice a month we will offer a One-Day Meditation Retreat. These retreats provide the opportunity for folks to deepen their practice by meditating for longer periods of time. Anyone who wishes to attend may do so for any amount of time that is suitable for the individual and which fits one's schedule -- it is not necessary to attend for the entire day.

The format for the retreat is quite simple: two blocks of three hours each are available to practice meditation. The two blocks run from 9am - noon, and from 2pm - 5pm. These two meditation periods are done in complete silence after a brief reciting of the Three Refuges at the start of the morning sitting. The leader will ring the bell to end the meditation period.

During the three-hour block, each person may choose to do any form of meditation that they wish, i.e., either sitting, walking, or standing meditation. One may practice each form for any length of time which feels appropriate. The only request is that people be as quiet as possible for the benefit of all participants, especially during transitions between, say, sitting and walking meditation.

If you stay for the entire day, please bring your own lunch as there is no staff to prepare food at the center. However, we do have a refrigerator, microwave, and stove that you are welcome to use (please be mindful that others may need to use these also).