

Spirit Rock

Masters Insight Meditation Retreat @ Home Suggested Schedule

For participants aiming to structure their days as closely as possible to the full retreat schedule while maintaining the same spirit of deep practice, mindfulness, and simplicity, here's how they can optimize their retreat experience outside the live-streamed sessions:

Suggested At-Home Retreat Structure

Morning Routine:

- **5:45 AM - Wake Up** → Start the day mindfully, avoiding distractions (no phone, email, or news).
- **6:15 AM - Sitting/Chanting**
- **7:00 AM - Breakfast** → Eat in silence, focusing on each bite as a mindfulness practice.
- **7:45 AM - Walking or Household Tasks** → Engage in mindful walking or simple chores (like washing dishes) with full awareness.
- **8:45 AM - Sitting/Instructions and Q+R (Live Streamed)** → Join the session.
- **9:45 AM - Walking** → Slow, mindful walking indoors or outside.
- **10:15 AM - Sitting** → Follow the retreat's schedule and sit for meditation.
- **11:00 AM - Walking** → Continue alternating between sitting and walking meditation.
- **11:45 AM - Sitting** → Deepen the practice.

Midday:

- **12:30 PM - Lunch and Rest** → Eat mindfully in silence. Take a short rest or mindful nap.
- **1:15 PM - Work Period, Rest, or Walking** → Choose an activity that supports mindfulness—such as mindful gardening, cleaning, or journaling about insights from the morning.
- **2:30 PM - Sitting** → Follow the retreat schedule with another meditation session.
- **3:15 PM - Walking** → Continue alternating sitting and walking meditation.
- **4:00 PM - Guided Metta and Q+R (Live Streamed)** → Join the session.

Evening Practice:

- **5:00 PM - Walking** → Maintain gentle movement before the evening meal.
- **5:15 PM - Evening Meal** → Eat in silence, savoring each bite.
- **6:45 PM - Sitting**
- **7:15 PM - Stretch** → Mindful movement or gentle yoga.
- **7:30 PM - Dharma Talk (Live Streamed)** → Engage with the teachings.
- **8:30 PM - Walking** → Contemplate the Dharma talk during mindful walking.
- **9:00 PM - Sitting/Chanting (Live Streamed)** → Join the evening meditation.
- **9:30 PM - Rest or Continue Practice** → Either rest or engage in a quiet mindfulness activity like journaling or reflecting on insights from the day.

Additional Practices to Deepen the Retreat Experience:

1. **Maintain Silence** → Avoid speaking, texting, or engaging with digital distractions.
2. **Reduce External Inputs** → No emails, social media, or news consumption.
3. **Practice Walking Meditation** → Whenever there is a gap in the schedule, integrate mindful walking.
4. **Journaling** → Reflect on insights from meditation and Dharma talks.
5. **Contemplative Reading** → If needed, read Dharma-related texts that support retreat themes.
6. **Compassion Practice** → Use free time for Metta (loving-kindness) meditation.
7. **Body Awareness Practices** → Gentle yoga, stretching, or mindful movement.
8. **Mindful Daily Tasks** → Perform simple activities like tea drinking, dishwashing, or showering with full awareness.

Contact us:

courses@spiritrock.org