

Deep Silent Retreat 5-8 September 2025

Coming Home to Silence

Day 1 Friday

2pm	Arrival and settle in
4.30pm	Orientation by Nicola - Gathering space outside the retreat centre -guest information, kitchen duties, meal arrangements
5.00pm	Acknowledgement of Country Welcome to Retreat - Michelle Labyrinth walk
6.00pm	Dinner
7.00pm	Introduction: Session 1 Entering the Silence - Intention and Attention Meditation

Day 2 Saturday

6.30am	Morning Tai Chi Meditation
7.00am	Meditation Session: Sit, Walk, Sit
8.00am	Breakfast - Self Serve in gathering space and brew bar
9.00am	Morning Prayer and Session 2 Attention in the Heart Meditation Session: Sit, Walk
10.30am	Morning Tea and optional individual time with retreat guide Personal prayer time
12.00pm	Meditation Session: Sit
12.30pm	Lunch and individual free time
4.30pm	Afternoon Prayer Meditation Session: Meditative walk/ standing meditation
6.00pm	Dinner
7.00pm	Night Prayer and Meditation Session

Day 3 Sunday

6.30am	Meditation with the Dawn
7.30am	Tai Chi Meditation
8.00am	Breakfast
9.00am	Morning Prayer and Session 3 At home in the Silence Meditation Session: Sit , Walk, Sit
10.30am	Morning Tea and optional individual time with retreat guide Personal prayer time
12.00pm	Meditation Session: Sit
12.30pm	Lunch and individual free time
4.30pm	Afternoon prayer Meditation Session: Labyrinth and standing meditation
6.00pm	Dinner
7.00pm	Night Prayer and Meditation Session

Day 4 Monday

6.30am	Morning Tai Chi Meditation
7.00am	Meditation Session: Sit, Walk, Sit
8.00am	Breakfast
9.00am	Morning Prayer and Session 4 Embodying the Silence in Daily Life

	-reviewing our intention and attention
	Meditation Session: Sit, Walk
10.30am	Morning Tea and Optional individual time with retreat guide
	Personal prayer time
12.00pm	Meditation Session: Sit
12.30pm	Lunch
1.00pm	Labyrinth
	Farewelling this Silence...
2.00pm	Retreat concludes

Please note:

- * After the Introduction on the first evening, all meals and activities will be conducted in silence.
- * Morning, afternoon and night prayer will be simple and focus on a combination of a psalm, scriptural reading from one of the major traditions and or poetry.
- * Morning Tai Chi Meditation is optional and refers to a simple set of meditative movements. No prior experience is necessary.
- * Personal Prayer suggestions: Meditation, Walking, Dadirri, Labyrinth
Lectio Divina with Scripture, Art, Nature or your life
Poetry and Haiku, Art work, Journalling
Resting!!
- * This silent retreat is based on the expectation of a digital fast and no reading apart from anything suggested by your retreat guide.