

# Early Summer retreat

*Thank you for your interest in the "silence and contact retreat"*



We kindly ask you to read the whole document carefully before proceeding with the registration

## Silence

The principal and constitutive element of the retreat, silence opens our sensitivity and listening, essential elements of *contact improvisation*: for this reason in the area of the platform we will try to maintain it constantly.

In the rest of the retreat area it will be possible to speak from the end of the morning silence circle to the beginning of the evening silence circle.

At night we will donate the entire retreat area to silence, dance, and listening.

## Nature

Not far from the city of Massa, in Tuscany, in a beautiful mountain chestnut grove. On one side overlooking the sea and the other side the peaks of the Apuan Alps. Searching for naturalness, natural biorhythms, the breath of the sea and the mountains, the spring water that flows inside the body, the sound of burning wood, the music of insects, rain and sun, healthy food, sleeping in contact with the earth, the search for simplicity.

## The *Jam* Contact *Improvisation*

The principal practice of the retreat, the *Jam* is designed for people with previous experience in contact improvisation in which to explore, as well as the relational, technical, and dynamic movements that characterize the CI, even the meditative, spiritual, emotional and the inner search of the practice, the search for the essence of contact.

There are two Jams per day:

### *Silent Jam*

Starts after the morning circle of silence and doesn't include music or singing.

### *Jam*

Starts after the evening circle of silence.

Who has the desire to play an instrument or to make sounds with his own body is free to do so, while keeping the space free from verbal expressions

## Meditation

The retreat is conceived as a meditative / contemplative space.

We will meditate together for about 45 minutes. In the morning before breakfast and in circles of silence.

### *Meditation*

We will sit in silence with the same orientation, with our eyes closed or open, standing still or moving.

### *Circle of silence*

We will sit in silence in a circle, with our eyes closed or open, our bodies still or in movement.

## INDICATIONS FOR THE PRACTICE

- *If sitting in meditation is something completely new do not worry, you can express it in the circle of speech or privately to a focalizer. The first steps will be suggested.*
- *If you are already a practitioner of any spiritual or religious tradition, feel free to meditate as you wish, as long as you maintain the silence.*
- For beginners the initial indication is slow down, stop, sit and listen, then in the talking circle, dance and afternoon experiences conducted by the focusers will inevitably provide the objects on which to stand.
- Meditation is a general disposition of the human being and similarly to dance is a way to inhabit space. Dance with the objects of your consciousness.

*The space of the retreat is vast with in a protective context that allows you to easily obtain a spot for your individual practice if you wish.*

## The Word

During the day and outside the platform area we will be able to talk, joke, share and sing. The true and inner silence that we have created in the night, in meditation, in the circles of silence, and during the silent *Jam* of the morning, will not abandon us anyway and will enter into a relationship with the word, in its forms and its ways.

*In any case, remember to make careful use of the word, considering the high degree of sensitivity, openness and deconstructing of the defenses that this intensive practice can create.*

The word and listening to it will also be the object of our research in the:

### *Talking Circle*

This structured sharing space was conceived for the importance of making the word an economic and functional use for the retreat.

Participants will have the opportunity to speak to the group and express one by one what they are feeling. Everyone will be able to speak (once in each circle) or if you prefer you can just remain silent and listen.

### Circle of poetry

On the last night, around the fire, after the jam, we will transform our silence into poetry.

## The Fire

We will light a fire every evening after dinner. The area of fire will be a place of regeneration, sharing and listening. Around the fire it will be possible to sing, dance, play, recite, and read poetry. The days will be intense, so we will not disturb those who are sleeping and those who are still dancing in the space, avoiding being too loud, and using noisy instruments and instead favoring harmonic expressions.

## The Silent Walk

Together we will go on a regenerating experience of a *trekking in silence* on one of the beautiful peaks of the Apuan Alps that surround the area, led by a mountain guide.

### SOME IMPORTANT INDICATIONS:

- follow the silence for the entire duration of the route,
- follow the mountain guide and all his instructions.
- be equipped with good trekking shoes and windbreaker
- smartphone off, to be turned on only in case of emergency

## The workshops

The afternoon workshop will be conducted by one or more focalizer and organized during the retreat in their total freedom and creativity. The experiences proposed will be the fruit of their collaboration and their particular reading of the group. They will not be classical lessons of contact improvisation, but proposals

for listening, exploration, meditations, bodywork or moving practices that may or may not include contact.

The conductor can use the words to give directions.

Participants are asked to maintain silence and avoid entering the workshop after the workshop has commenced.

## Focalizer

Focusers are experts with years of practice in meditation, dance and *contact improvisation* that will facilitate the activities, conduct the workshops and will always be present on the platform during jams and meditations.

## Helpers

The retreat includes the presence of helpers who will take care of the participants and the space of the retreat, and will support the activity of the focalizer.

Candidates by sending an email to [info@contactsilence.it](mailto:info@contactsilence.it)

## Good Practices required of the participants

- ❖ *Get the most out of the experience by leaving your camera and smartphone in your tent.  
If you need to make a call, you can make it just outside the gate of the collection area. Keep it turned off and see what happens.*
- ❖ *We invite you to smoke in your tent area or in that of some friend who loves smoking.*
- ❖ *If you cook alone we ask you not to cook meat.*
- ❖ *Leave drugs and alcohol at home.*
- ❖ *Be sure to sign up before you have found someone to entrust your dog to, we are sorry to discriminate against the furry and their owners between large and small, good and rascal, polite or wild so we decided with great regret not to allow dogs access.*
- ❖ *Your children and people who do not participate directly in the activities but who can give you support so that you have the opportunity to fully participate, for example in childcare or in the case you have some form of disability, will not be able to enter the 'platform area.*

You arrived in the middle of the document! Give yourself a moment of silence before continuing.

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Enjoy the read!

## Early summer retreat *Logistics aspects*

### Silence and contact retreats

*Principle information on dates, times and registration procedures.*

#### Date

15/21 June 2020

22/28 June 2020

#### Duration

The retreat will last two weeks and it's possible to participate either in full or for a single week, either the first or the second.

#### Participants

Maximum 60 per week

50 participants, 7 volunteers and 3 focalizers

#### Board and lodging

The retreat includes accommodation in your own tent in the area that hosts us but if you prefer you can book an accommodation in one of the accommodation facilities that for your convenience are listed in the queue (option not included in the participation fee).

An experienced cook will take care of preparing all our meals, which you can book during registration, specifying any intolerances.

You can also cook with your camping equipment in case you want to prepare your own food and save. Please let us know about any special requirements / special diets.

## Program

#### Silence

00:00/ Silence 24.00 in the platform and surrounding

21.00 / 30.10 Silence in all areas of the withdrawal

#### Platform

08:15 / 09:00 Meditation

10:00 / 10:30 Silent Circle  
10:30 Silent Jam  
15:00 / 16:00 Talking Circle  
16:00 / 19:00 Workshop  
21:00 Silence Circle  
21:30 Jam

## *Meals*

*09.00 / 10.00 Breakfast*  
*13.00 / 14.30 Lunch*  
*19.30 / 21.00 Dinner*

## Arrivals day

11.00 / 15.00 arrivals  
15.00 / 16:00 logistical information and working rules  
16:00 Welcome Circle and Jam  
19.30 / 21.00 Dinner  
21:00 Silent Circle  
21:30 Jam

## Day 5 *Day of the silent walk*

08.15 / 16.00 Regular schedule  
15.00 / 21.00 Trekking in the high mountains  
9.30pm Dinner

## Departure Day

08.00 / 09.00 Meditation  
09.00 / 10.00 Breakfast  
10.00 / 12.30 Jam  
12.30 / 13.00 Final circle and greetings  
13.00 / 14.30 Lunch

## Prices

Participation fee 200 euros per week including:

Possibility of camping in the retreat area  
Workshops  
Facilitation  
Trekking with guide

- Family or friends over 18 who do not take part in the retreat 100 euros per week

- 50% family friendly discount on meals if they offer free baby sitting 0/12 years with meals included admitted only if baby sitter or other parent enrolled in the withdrawal
- 12/18 free meals excluding
- Volunteers 200 euros meals included

The participation fee DOES NOT include:

- Yearly Membership to Liberamente APS (15 euros) with accident insurance included.
- Meals 25 Euros per day

### Refunds Policy

- *90% refund up to a month before the start date*
- *50% refund up to two weeks before the start date*
- *event Direct access from the waiting list in case of a participant cancellations*
- *booking not transferable to third*

## How to Register

1. Fill out the *form* on the website briefly indicating your experience with *Contact Improvisation* and in silent retreats
2. Fill out the registration form to the association Libera Mente APS carefully reading the statute you will have to accept.
3. Complete the registration by paying the full amount of the cost of the retreat excluding meals

Thank you for reading carefully

For more information write to us here: [info@contactsilence.it](mailto:info@contactsilence.it), we'll get back to you the same day.