

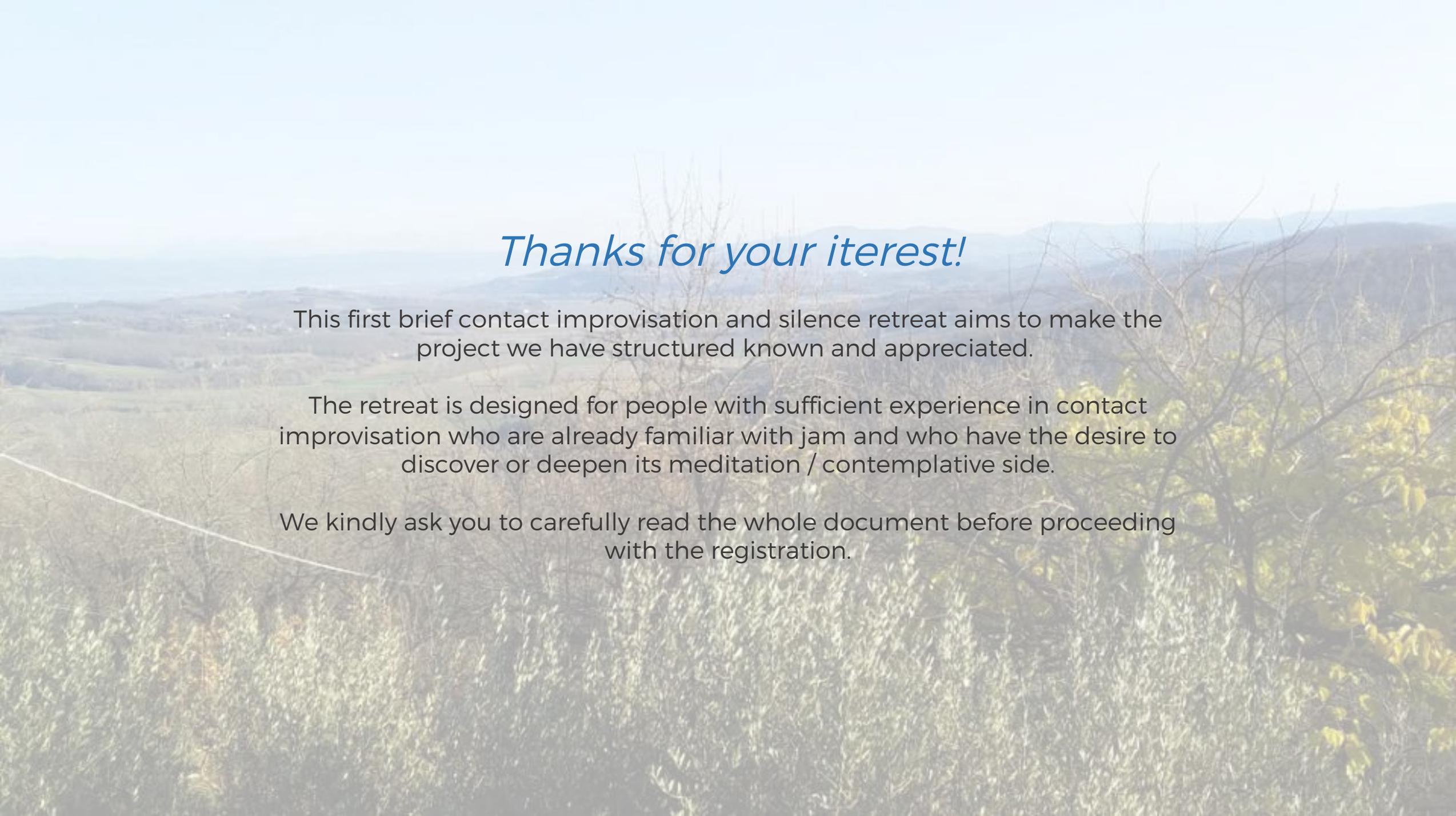


# Spring Retreat

10-13 april 2020

30 participants max

Monterosi, Anghiari AR, Italy

A scenic landscape with rolling hills and trees under a clear sky. The foreground is filled with dense, dry-looking vegetation, possibly reeds or tall grasses, in shades of brown and yellow. In the middle ground, there are several trees with sparse, yellowing leaves. The background shows rolling hills and a clear, light blue sky. The overall atmosphere is calm and natural.

## *Thanks for your interest!*

This first brief contact improvisation and silence retreat aims to make the project we have structured known and appreciated.

The retreat is designed for people with sufficient experience in contact improvisation who are already familiar with jam and who have the desire to discover or deepen its meditation / contemplative side.

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

## Silence and Contact Improvisation Jam

The practice space will always be silent, with some exceptions. In the rest of the retreat space we can talk, but from the beginning of the evening jam we will keep silence in all areas of the retreat until after breakfast. And then ... we will start dancing in silence again!

The Jam will be the main exploration space. In this retreat we will observe in particular the alternation between silent jam and sitting meditation.

In the evening jam a musician will accompany us.

## Nature, Fire, Meditation

The retreat is structured so as to be a contemplative / meditative space that facilitates the connection between man and nature. We will dance, meditate, we will circle in silence, we will walk, we will be around the fire. If you have never meditated, don't worry: the focalizers will give you the indications to better enjoy the experience.

## The Word and the Word Circle

Sitting in the Word Circle, we will listen to what everyone wants to share, if they feel the need. We will get to know each other! It will be interesting to hear words that come from silence. .

## Focalizers and Workshops

There will be no teachers but expert contact and meditation practitioners, the Focalizers, who will accompany the group ensuring their presence in the jams and meditations. Together they will elaborate the proposal of the afternoon workshop, which may include contact or not.

## The Place and the Silent Walking

The retreat will take place in Monterosi, a mountain hamlet of Anghiari, a wonderful medieval village in the province of Arezzo. The house that hosts us is isolated in nature, has a wonderful room with wooden floor and a very large outdoor platform, overlooking a magnificent panorama: if the weather is good we can dance outdoors! A silent walk is planned, in one of the paths that pass near the retreat area. Alternatively, if the group agrees we can move with the cars to enjoy the silent walk in a very special place.

## *Good Practices*

We invite you to give a respite to your lungs during these days, but if you really want to smoke you can do it by taking a walk outside the retreat area.

We gather to cultivate our presence: no drugs and alcohol can be introduced into the retreat area.

Live the experience to the fullest by leaving your camera and smartphone off.

If you need to make a call, you can make it just outside the pickup area. Inside, keep it off and watch what happens.

# Program

	FRIDAY 10	SATURDAY 11 SUNDAY 12	MONDAY 13
SILENCE PLATFORM AREA	FROM 23	00-24	Until 13.00
SILENCE COMMON AREAS	FROM 23	Until 9.30 and from 20.30	Until 9.30
08:00-9:30		breakfast	breakfast
9:30-10:00		CIRCLE OF SILENCE	CIRCLE OF SILENCE
10:00-12:30		SILENT JAM	JAM or SILENT WALKING
12:30-13:00		MEDITATION	CIRCLE OF SILENCE
13:00-15:30		lunch and rest	lunch and rest
15:30-16:00		CIRCLE OF SILENCE	OPEN JAM
16:00-18:00	ARRIVAL AND REGISTRATION	WORKSHOP	OPEN JAM
18:00-18:30	ARRIVAL AND REGISTRATION	the' BREAK	OPEN JAM
18:30-19:30	ARRIVAL AND REGISTRATION	CIRCLE OF WORD	
19:30-20:30	dinner	dinner	
20:30-21:00	CSR PROJECT PRESENTATION	CIRCLE OF SILENCE	
21:00-23:30	JAM with music and CIRCLE OF SILENCE	JAM WITH MUSIC	

## *Board and Lodging*

There are about 20 beds available in rooms for two, three people. Once the beds are exhausted it will be possible to sleep in the dancing room with your own mattress. We ask you to bring whatever you need to sleep comfortably, we will assign the seats as people arrive at the retreat, during the registration phase. The food served will be vegetarian with a vegan variant, prepared with good and genuine local products.

## *Price*

150 All inclusive + 15 Euros for registration with the Libera Mente APS Association valid for all 2020 retreats

## *How to register*

Fill out the form on the site briefly indicating your experience with Contact Improvisation and silent retreats.

Fill in the registration form for the association Libera Mente APS carefully reading the statute that you will have to accept.

Once you have received the confirmation email, end your registration by paying 50 euros + 15 euros for membership in the association.

*Thank you for reading carefully*

Per altre informazione scrivici qui [info@contactsilence.it](mailto:info@contactsilence.it) ti risponderemo in giornata.