



Summer Retreats

Early Summer

15 - 28 June 2020

50 participants max

End of summer

31 august-13 sept 2020

50 participants max

Massa, Italia



*Thank you for the interest in the
Contact Silence 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 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

We will be 15 min. 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.

We will enjoy 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 Contact Improvisation Jam

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.

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.

Practice guidelines

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.

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, we will transform our silence into poetry.

The Fire

We will light a fire every evening after dinner. The area of the 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 focalizers 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 it has commenced.

Focalizers

Focalizers 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.

Musicians

If you are a musician and you want to play in the evening jam, you can do it by coordinating with our musician. During the day you can play in all areas of the retreat except the silent area, while during the night only in the fire area. The music of the retreat is acoustic, without amplification.

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 focalizers.

Candidate by sending an email to info@contactsilence.it

Good Practices

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 for example in childcare or in the case you have some form of disability, will not be able to enter the 'platform area.

You almost finished reading! Give yourself a moment of silence before continuing.

Practical Informations

Dates

15-21 / 21-28 june

31 august / 6 september 2020 - 7 / 14 september 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

max 50 per week

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 serious and certified allergy that requires a special diet .

Program

	ARRIVALS DAY	TYPICAL DAY	DAY 5 SILENT WALKING	DEPARTURE DAY
SILENCE PLATFORM AREA	00-24	00-24	00-24	00-24
SILENCE COMMON AREAS	21:00-10:30	21:00-10:30	21:00-10:30	21:00-10:30
8:15-9:00		MEDITATION	MEDITATION	MEDITATION
9:00-10:00		BREAKFAST	BREAKFAST	BREAKFAST
10:00-10:30		CIRCLE OF SILENCE	CIRCLE OF SILENCE	JAM
10:30-13	FROM 11 ARRIVALS AND REGISTRATIONS	JAM	WORKSHOP	JAM AND FINAL CIRCLE
13:00-14:30	ARRIVALS AND REGISTRATIONS	LUNCH	LUNCH	LUNCH
15:00-16:00	LOGISTICS AND GUIDELINES	CERCHIO DI PAROLA	TREKKING	
16:00-19:00	WELCOME JAM	WORKSHOP	TREKKING	
19:30-21:00	DINNER	DINNER	TREKKING	
21:00-21:30	CECIRCLE OF SILENCE	CIRCLE OF SILENCE		
21:30- _	JAM	JAM	DINNER	

Prices

Participation fee 200 euros per week including:

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

Not included:

- Meals: breakfast, lunch and dinner: 25 euros per day.
- Yearly membership to LiberaMente APS with accident insurance included (15 euro)

Discounts

- Family or friends over 18 who don't take part in the retreat 100 euros per week (50% discount on meals if they offer free baby sitting).
- 0/12 years: free with meals included admitted only if baby sitter or other parent enrolled in the retreat.
- 12/18 years: free meals excluding.
- Helpers: 200 euros meals included.

How to Register

Fill out the form on the website briefly describing your experience with Contact Improvisation and in silent retreats.

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

Complete the registration by paying the full amount of the cost of the retreat excluding meals.

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.

Thank you for reading carefully!

For more information write to us here: info@contactsilence.it we'll get back to you the same day.