



# Winter Retreats

## Autumn

30 october-2 november 2020

Max 50 participants

## Winter

2-5 january 2021

Max 50 participants

Flambruzzo, Friuli, Italy



*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.

## *Gaia Terra*

Both retreats will be hosted at Gaia Terra, an incredible container of projects that is developing in northern Italy.

Gaia Terra is a hotbed of experimentation to create alternative possibilities of inhabiting the planet in an ecological way and practicing sustainable agriculture;

build with natural materials;

educate to criticize the things we buy;

live in a group to support each other;

eat consciously;

protect the territory and the surrounding environment;

develop cultural projects;

practicing hospitality and cultural diversity.

<https://www.progettogaia terra.com/>

## *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 destructuring 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.

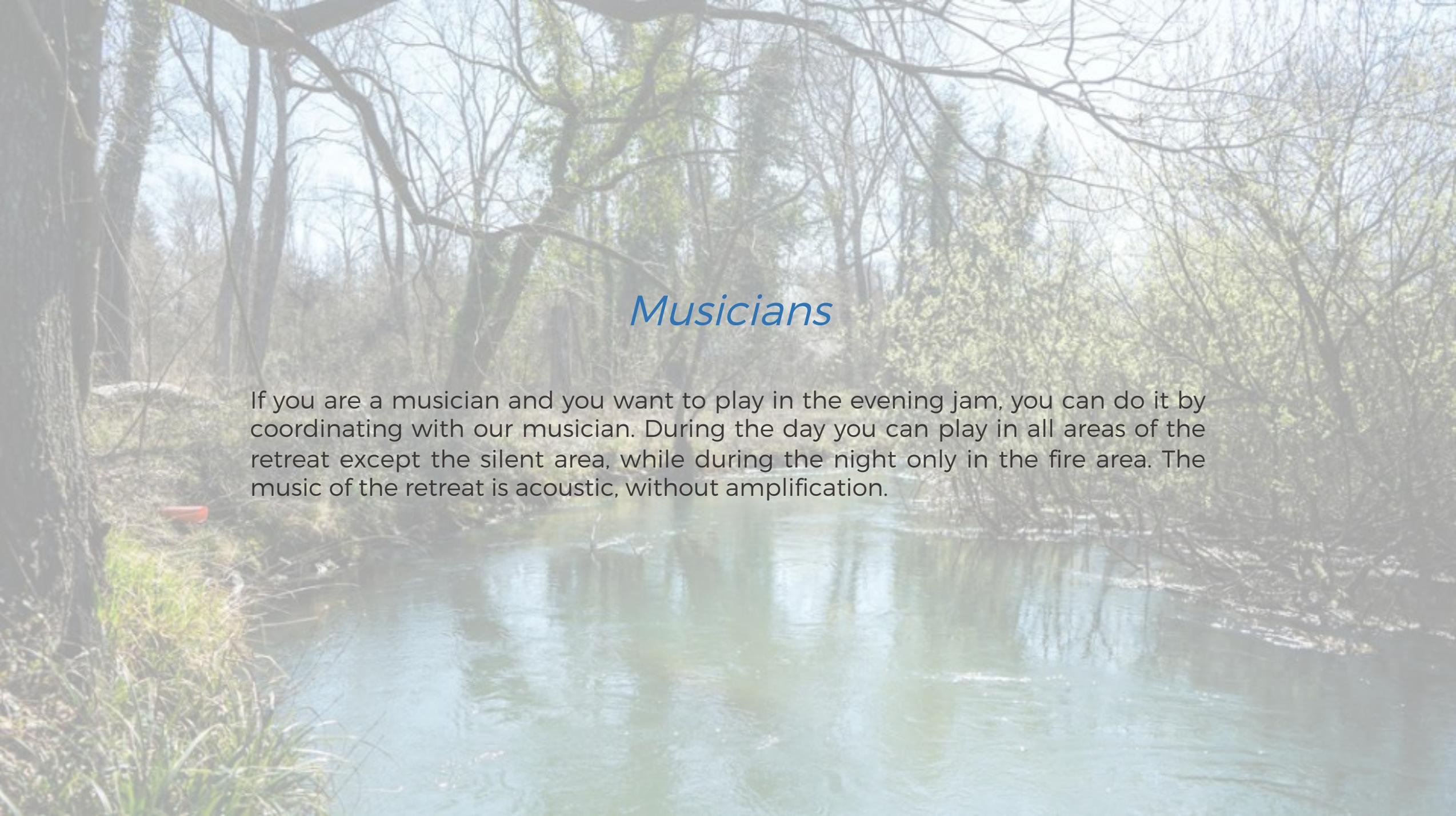
## *The workshops*

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.

## *Good Practices*

*Get the most out of the experience by leaving your camera and smartphone off. If you need to make a call, you can make it just outside Gaia Terra area. Keep it turned off and see what happens.*

*We invite you to smoke outside of Gaia Terra Area.*

*Leave drugs and alcohol at home.*

*Be sure to find 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.*

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

## *Logistics*

Dates

30 october-2 november 2020 / 2-5 january 2021

Duration

4 days each

Participants

max 50

## *Board and lodging*

Gaia Terra offers a large room with 12 mattresses near the bathrooms and the possibility of sleeping in the dance hall with its own mattress. The food served will be vegan, prepared with good and genuine local products.

The newly built dance hall is 180 sqm with oak flooring and attached male / female changing rooms with showers.

# Program

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

## *Prices*

Participation fee 190 euro (accommodation in the room with mattresses)

Or 153 euros (accommodation in dance room with own mattress) for 4 days and includes:

- Board and lodging
- Workshops
- Facilitation
- Organization

It does not include:

- Annual card of the Associazione Liberamente APS with accident insurance included (15 euros)

## *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 Libera Mente APS association by carefully reading the statute that you will have to accept.

Complete the registration by paying 70 euros advance + 15 euros for the membership card.

## *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](mailto:info@contactsilence.it) we'll get back to you the same day.