



# End of Summer Retreats

31st august-14th september 2020

30 participants max

Monterosi, Arezzo, Italy

The background of the slide is a photograph of a vast, open landscape. It features rolling green hills and mountains under a clear, bright blue sky. The hills are covered in lush green grass, and there are some rocky outcrops visible on the slopes. The overall scene is peaceful and scenic.

*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*

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!



# *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.



## *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 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](mailto: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.*

*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.*

*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

31 august / 4 september - 5 / 9 september – 10/14 september 2020

## Duration

The retreat will last 5 days and it's possible to participate either to one or two shifts.

## Participants

max 30 per week

## *Board and lodging*

The retreat includes accommodation in your own tent. There are about 20 beds available in rooms for two, three people at additional cost of 5 euros per day.

The food will be vegetarian with vegan options, prepared with fresh organic products by our host.



# 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	

# Covid-19 management measures

*The following may vary in the coming weeks based on any new national directives.*

## Reception

Temperature measurement  
Self-assessment questionnaire  
Self-certification of the state of health

## Meals

In case of rain, shifts will be organized to be able to eat inside the house safely.  
The meals will be prepared by the kitchen staff.  
In the canteen area the places to eat will be spaced as per regulations. Possibility to eat anywhere in the outdoor area (on the lawn sitting on the ground)

## Kitchen

The kitchen is closed to participants

## Entrance to the common areas indoors

Use of mask  
Sanitizing gel

## Bathrooms

Sanitized after use

## Indoor dance hall

It is not possible to sleep inside the room  
Hand sanitization with sanitizing gel  
Sanitization of the platform after each use

## Outdoor platform

Hand sanitization with sanitizing gel  
Sanitization of the platform after each use

## Tents

The tents must be spaced considering 12 square meters, or a space of 4 x 4 meters

## Bedrooms

Single or double rooms for relatives only

*Thank you for helping the staff maintaining these high standards.  
Each one of your small daily contributions to everyone's safety is vital*



## Prices

Participation fee 270 euros per shift (5 days) including:

- Possibility of camping in the retreat area
- Workshops
- Facilitation
- Meals
- Yearly membership to Libera Mente APS with accident insurance included (15 euro)

## Discounts

- Family or friends over 18 who don't take part in the retreat 120 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: 120 euros.
- Helpers: 200 euros meals included.
- 500 euros instead of 540 for those who participate to two shifts..

## 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 50 Euros x shift + 15 Euros Association 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.