



Psychedelic Integration: 5-Day Experiential Practice Retreat

April 19th-24th, 2022

Tuesday, April 19th

3 - 6pm Arrival & Check in

6 - 7pm Dinner

7:30 - 9pm Program Opening Session

- Welcome
- Introductions of our team
- Who is in the room?
- Agenda and housekeeping
- Expectations for the week
- Brief meditation and good night



Wednesday, April 20th

7 - 8am Morning Yoga

7:15 - 8am Meditation and Inquiry

8 - 9am Breakfast

9:30am - 12pm Morning Session

- Take your seat
- Meditation - why am I here (intention)
- Brief writing about meditation
- Seeds of Noble listening and practice
- Inquiry - introducing what is inquiry and why we do it (not a solutions oriented practice, continuation of meditation)
- Morning close (thank yourself) and off to lunch.

12:30 - 1:30pm Lunch

2 - 3:30pm Optional Activities

- (See list below)

4:00 - 5:30 pm Afternoon Session: Mindfulness of body beginning Values Card Sort

- Body Scan Meditation
- Values Card Sort Part 1

6 - 7pm Dinner

7:15 - 8:30pm Evening Program: Values Card Sort Part 2

8:30-9pm Evening Program Part Two: Visual Art Practice

Thursday April 21st

7 - 8am Yoga

7 - 8 Visual Art

7:15 - 8am Meditation and Inquiry



8 - 9am Breakfast

9:30-12pm Morning Session

- Take your seat
- Ethics of Touch through Listening Hands Practice
- Noble Communication: reflecting, validating, empathy
- Morning close (thank yourself) and off to lunch.

12:30 - 1:30pm Lunch

2 - 3:30pm Optional Activities

- See list below

4 - 5:30pm Afternoon Session

- State to trait: What is mindfulness and how do we relate it to psychedelic integration?
- Discussion & Q&A
- Movement and/or Restorative Yoga

6 - 7pm Dinner

7:15 - 8:30pm Evening Program Part One

- Mindfulness of the sensory experience

8:30 - 9pm Evening Program Part Two

- Instruction for tomorrow: Day of silence including mindful eating.



Friday, April 22nd (Silent until evening meal)

7 - 8am Yoga

7 - 8am Visual Art

7:15 - 8am Meditation and Inquiry

8 - 9am Breakfast

9:30am - 12pm Morning Session

- Take your seat
- Body Scan
- Walking Meditation
- Self-Compassion Meditation
- Walking Meditation
- Mindfulness of breath and sensory experience
- Morning close (thank yourself) and reminder about mindful eating

12:30 - 1:30pm Lunch (Silent)

2 - 3:30pm Optional Activities

- See list below

4 - 5:30pm Afternoon Session

- Open awareness (introducing mindfulness of sound, emotions, thoughts)
- Triads for breaking silence and practice listening using Noble Listening

6 - 7pm Dinner

7:15 - 8pm Evening Program Part One

- Small group inquiry - Reflecting on today's experience

8:15 - 9:15pm Evening Program Part Two

- Sound Meditation

 Fluence



Saturday, April 23rd

7 - 8am Yoga

7 - 8am Mural

7:15 - 8am Meditation and Inquiry

8 - 9am Breakfast

9:30am - 12pm Morning Session

- Take your seat
- Small Group Inquiry Sessions
- Full Group Discussion
- Morning close (thank yourself) and off to lunch.

12:30 - 1:30pm Lunch

2 - 3:30pm Optional Activities

- See list below

4 - 5:30pm Afternoon Session: Mindfulness of body and breath

- Brief Meditation together and Visual Art project assembly

6 - 7pm Dinner

7:15 - 9:00pm Evening Celebration with Music and group sharing - Bonfire if available

Fluence

Sunday, April 24th

7 - 11am Check-out of Rooms

7 - 8am Yoga

7 - 8am Visual Art

7:15 - 8am Meditation and Inquiry

8 - 9am Breakfast

9:30am - 12pm Morning Session

- Take your seat
- Moving on from here - integrating this into the larger scope of your life
- Noble listening practice with talking about your experience of the retreat
- Closing Circle: Soup with yarn

12:30-1:30 Lunch and Departures

Optional Afternoon Activities:

- Sitting meditation with inquiry
- Walking meditation
- Guided hike
- Outdoor time on one's own
- Spa (Massage/Sauna)
- Restorative Yoga
- Individual Meetings
- Prepare for your group sharing
- Visual Art project time

**Please note that this schedule is subject to change.*