

IM2 All-Day Retreat

For Everyone

We're are looking forward to practicing with you on the All-Day Retreat. Whether you join us for an hour, the morning, or for the entire day, these instructions can assist you in preparing. Most of the retreat will be held in silence.

- You may wish to have a blanket, pillows, yoga mat, bolsters, cushions, water bottle, or anything else that can support you as you practice.
- Consider finding a place to practice walking in safety. Walking practice can be done inside or outside depending on weather conditions.
- Please consider the temperature and weather as you dress for the day and have options for layering available.
- At the end of our time together we will break silence with some brief sharing and recommend that you take things slowly and exercise care for the rest of the day. Some participants experience more sensitivity after a day in silence.
- Please contact Jerry by audio call or text message at (925) 785-7555 or email at jerry@im2.info with any questions.

If Attending Online

- Find a space where you can practice in comfort, uninterrupted.
- Have water, drink options, and snacks available for the day.

- Please pre-prepare a meal for the eating meditation. This could be breakfast, lunch, a snack, or dinner depending on your time zone.
- If you share your space, notify others you'll be in silence.
- Please make sure that your computer, tablet, or phone is charged and connected to a power source.

If Attending In-person

- If you have dietary restrictions, let us know in advance so that we can have food available for you. Lunch will be provided by San Damiano.
- There's a map attached to this email to help get to and around the retreat center.
- It's advisable to make a list of items that you'll be needing for the retreat a day or two in advance.
- Water, coffee, tea, and snacks will be provided and available all day.
- For Lunch, you may choose to eat in the dining room (talking is allowed) or take your meal to another location and remain in silence.

If staying overnight, review [San Damiano Welcome Sheet](#).