

Stillness & Awakening: A Mindfulness and Yoga Retreat

A Weekend of Meditation, Movement, Nature, and Inner Peace

*Serenity Central of New England
267 Academy Rd., Jacksonville, VT*

Retreat Dates

 *June 26 – 28*

Organized by **Serenity Central of New England**

Conducted by **Bhante Rathana & Yoga Instructor Loretta Richardson**

Cost: \$300 (includes lodging and all meals)

This retreat welcomes both beginners and experienced practitioners.

It is a gentle invitation to slow down and reconnect.

Through meditation, yoga, time in nature, and mindful community eating and living, we cultivate harmony in body, mind, and heart.

In silence, in movement, and in the shared presence of compassion-based teachings, participants will experience reflection, connection, and inner stillness within a peaceful and supportive environment.

May this time together give rise to clarity, compassion, and a deep sense of inner peace.

Day 1 – Friday (June 26)

3:00 PM Arrival, Check-In & Settling In

Participants arrive, settle into their rooms, and begin to gently transition from daily life into a quiet and mindful environment. This is a time to slow down and arrive fully.

5:00 PM – Dinner (Community Meal)

A simple meal shared together in mindfulness. Participants begin practicing awareness while eating, cultivating gratitude and presence.

6:00 PM – Orientation & Introduction

An overview of the retreat schedule and guidelines. Bhante Rathana introduces the foundations of mindfulness and gently prepares participants for the retreat journey.

7:00 PM – Evening Meditation

Noble Silence - A guided sitting meditation in the Meditation Hall to calm the mind, establish awareness of breath and body, and support inner reflection and stillness.

8:30 PM – Rest

Time for quiet reflection and rest, maintaining silence as participants prepare for the next day.

Day 2 – Saturday (June 27)

Nature & Inner Exploration

7:00 AM – Morning Meditation

A peaceful sitting meditation to begin the day with clarity, awareness, and a calm mind.

8:30 AM – Gentle Wake-Up Yoga

A soft yoga session to awaken the body, release tension, and cultivate mindful movement.

10:00 AM – Brunch

A nourishing meal enjoyed with awareness, encouraging mindful eating and appreciation.

11:30 AM – Nature Hike & Mindful Exploration

A guided walk in nature, inviting participants to connect deeply with the environment through mindful walking, breathing, and observation.

4:00 PM – Slow Flow into Yin Yoga

A gentle and restorative yoga practice, combining slow movement and still postures to release tension and deepen relaxation.

5:15 PM – Dinner

A light evening meal, shared in a calm and mindful atmosphere.

6:15 – 7:00 PM – Sound Bath

A deeply relaxing experience using sound vibrations to calm the mind and support inner balance and healing.

7:00 – 9:00 PM – Storytelling & Dhamma Reflections

Topic: Compassion - An evening of teachings, stories, and reflections on compassion (*karuṇā*), encouraging understanding and heartfelt connection.

9:00 – 9:30 PM – Meditation

A quiet sitting meditation to absorb the day's experiences and settle the mind.

9:30 PM – Resting

A peaceful end to the day, returning to silence and deep rest.

Day 3 – Sunday (June 28)

Integration & Closing

7:00 AM – Morning Meditation

A final meditation to deepen awareness and reflect on the retreat experience.

8:30 AM – Wake-Up Yoga

A gentle practice to energize the body and bring mindful awareness into movement.

10:00 AM – Brunch

A shared meal enjoyed with gratitude and presence.

11:30 AM – Walking Meditation

A slow, guided walking practice, integrating mindfulness into each step and breath.

12:00 PM – Cleaning & Seva (Community Service)

Participants mindfully care for the retreat space together. This is practiced as *seva*—selfless service with awareness and gratitude.

1:00 PM – Closing Circle & Sharing of Blessings

A time to reflect, share experiences, and receive closing blessings. The retreat concludes with gratitude, connection, and well-wishing for all.