

Suggested Personal Retreat Activities

These are suggested activities that you can use to develop your own schedule, based on how much time you have and when the online workshop will be taking place in your time zone.

If you have suggestions or feedback, please get in touch with us! You can write to us at programs.team@easwaran.org.

A sample half-day schedule using some of the above activities could be:

- Meditation (30 minutes)
- Workshop (75 minutes)
- Break (15 minutes)
- Mantram walk or mantram writing (30 minutes)
- Video of Easwaran (15 minutes)
- A pen and book to write your mantram in

Workshop (75 minutes)

Log in 10-15 minutes early, using the instructions in your reminder email. You'll need:

- The reading which was attached to your reminder emails
- A blank book for writing your notes and experiments in.

Mantram Walk or Mantram Activity

Mantram walk

As always, please be safe! Wear good walking shoes and look out for traffic or uneven surfaces.

Try an experiment of repeating your mantram in a different way as you walk. For example:

- With a five-minute bout of greater concentration
- Repeating the mantram slower than usual
- Repeating the mantram more loudly, or quietly, (but silently, in your head!)

Mantram walk

- Write your mantram.
- Sit in nature and repeat your mantram silently.



- You could dedicate your mantrams to someone in need, or a world situation. Think of that person/world situation, or write it at the top of the page, and write your mantram with your full focus.

Passage Memorization

- Start memorizing a new passage.
- Refresh a passage you haven't used in a while.

Easwaran Video

- Find a video on the [Easwaran Digital Library](#) or [Easwaran's YouTube channel](#).
- Watch a video you already own.

Meditation

- We suggest that you meditate for 30 minutes directly before or after the workshop, so you can benefit from the power of meditating with a worldwide group!

Reading Study

You could use the reading we'll be studying, which will be included as an attachment in a reminder email sent a few days before.

Before the workshop, read and reflect on the article.

- Is there a phrase or idea that strikes you as interesting or helpful to your life?
- Is there a part that you find challenging, or disagree with?
- What tips is Easwaran giving?

After the workshop, re-read the article to absorb it more deeply.

- Does anything strike you that you missed the first time reading it?
- What tip or experiment did you decide to try out, based on the reading study?
- How will you check-in on your efforts with your chosen tip or experiment? (For example, you could ask a meditator friend to have a call in two weeks' time, or put a note on your calendar to review how your efforts have gone.)

Right recreation

Adding recreation to your retreat day can increase your sense of replenishment and enjoyment – modeling the balanced lifestyle that Easwaran recommends.



If you're in a group

- Share a potluck meal.
- Take a walk or hike together.
- Spend some time getting to know each other better. Chat about family life, work life, hobbies, interests...
- Do a selfless service project together if it's easy!

If you're doing a personal retreat

- Reflect on what type of recreation fulfills you, and whether you could juggle your schedule to make those activities more regular. Try one of these activities today.

