



The Power Of Gratitude

In-Person, Silent Self-Compassion and Mindfulness Retreat

REGISTRATION NOW OPEN
SPACE IS LIMITED

November 25-27, 2022 (Friday-Sunday)
Kanokrat (Amphawa, Samut Songkhram)

Every human being has powerful wisdom already present in their bodies and minds. We can develop this wisdom through the practice of gratitude, wonder and appreciation. When we do that the power of this practice can nourish, heal and replenish us.

Words alone can't express or reach this part of our nature. We need to go beyond words and practice directly to connect with our inner wisdom. Silent, community practice can allow us to access this miraculous capacity within each of us.

On this retreat, we will step back briefly from everyday life to come together as an in-person intentional community of practice so that we can cultivate the wise, healing capacity of our inner nature. We will practice mindfulness and self-compassion in silence together as a community to contact the present moment directly, beyond words. We will try to practice continuously in breathing, sitting, walking, eating and resting, so we can receive the healing and nourishing energies present inside every human being

Who is this retreat for? We welcome anyone who has completed the Mindful Self-Compassion (MSC) course and anyone who has experience with mindfulness meditation and/or self-compassion practice.

Teachers: The teachers on this retreat are Siri Chandler and Ben Weinstein.

- Siri Chandler is a certified teacher of Mindful Self-Compassion (MSC), with teacher training in Mindfulness-Based Stress Reduction (MBSR). As an enthusiastic life-long learner, she devotes her time to continuously deepen her own practice which she has been cultivating over the past 30 years.
- Ben Weinstein is a clinical psychologist and certified MSC teacher. Ben works as psychotherapist, lecturer and facilitator and is teaching faculty for the Center for Mindful Self-Compassion.

Retreat schedule: See schedule below (subject to change)

Companionable Silence: Following the orientation on Friday, the retreat will be conducted in companionable silence until Sunday morning at 11am. Participants are invited to turn off and set aside their devices so that they can turn attention inwards for two days of healing silence. This allows us to reduce distraction and practice continuously in each moment so we can create a shared energy of concentrated mindfulness and compassion.

Location: Kanokrat Hotel in Samut Songkhram. Kanokrat is a small, local hotel with a serene atmosphere located near Amphawa- see additional information below.

PLEASE PLAN TO ARRIVE AT THE RESORT BY 10:30AM ON November 25.

SEE TRANSPORT OPTIONS BELOW

Registration fee: 4500 baht (shared room) or 6500 baht (single occupancy) includes accommodation and vegetarian meals. The rooms are the same rooms (each room as Kanokrat has two beds (sometimes three)). This fee does not include transportation (please see transportation information below). There are no refunds after July 10.

Additional Information

1. Kanokrat is a small, lovely, clean, and basic hotel (the name is officially “Kanokrat Resort” but it’s not a resort and does not have any resort facilities whatsoever) on a canal near Amphawa. We have selected this location because it is close to Bangkok, has a serene atmosphere and has some outdoor space for walking meditation. There are no special facilities. The rooms are very basic.
 - a. Unfortunately, Kanokrat is not accessible for the disabled and does not have any facilities for families or children.
 - b. The retreat is for adults and due to the facilities being very basic, we are not able to accommodate children; please also hold in your hearts that when we nourish and replenish ourselves, we have so much more to offer our children.
2. The food on the retreat will be Thai vegetarian food (mangsawirat). Unfortunately, we can not accommodate any special dietary requests (for example, vegan).
3. Participants are requested to attend the whole retreat; please do not register if you need to arrive late or leave early. You are also requested to be present within the

facility throughout the two days without leaving for other activities so as to support the atmosphere of practice.

4. Space is limited for this retreat to 40 participants.

Registration Instructions: <https://forms.gle/NkjLGaDCqs6a1mae9>



Please complete the online registration form. Indicate whether you prefer single or double occupancy. If double occupancy, please let us know if you are registering with someone else you want to share your room with. If registering together with someone else, we'll expect both of you to pay together.

After you complete the registration form, we'll send you the payment link and amount. Your space is not guaranteed until you have paid.

Transportation Options: Participants may drive to Kanokrat or may take the optional share van from downtown Bangkok. If you need the shared van, please inform us.

There is no retreat transport from the airport. Participants who plan to fly in may take the bus or must find their own transportation (you may hire a taxi from the airport).

1. Driving to Kanokrat: If you plan to drive your own vehicle, PLEASE MAKE SURE THAT YOU WILL ARRIVE BY 10:30 on Nov. 25th.
 - a. GPS Coordinates: 13.424788097071794, 99.97806698412224
 - b. Google Maps: <https://goo.gl/maps/QNRvqmMWLfc4Z7Nf7>
2. Shared Van: Transportation cost: 1000 baht (round trip/no refunds)
 - a. The shared bus will depart on Friday morning from downtown Bangkok from Amarin Plaza (BTS: Chidlom) at 8:30am on Friday Nov. 25. The meeting point is Mcdonalds at Amarin Plaza. PLEASE BE ON TIME.
 - b. The return bus will leave Kanokrat Resort on Sunday Nov. 27th at around 13:00 and return to the same spot (Amarin Plaza).

-Once participants have registered and paid, you will receive additional information about the retreat.

Retreat Schedule (Subject to Change)

<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
10:30-12:00	5:30	5:30
Arrival/ registration	Wake Up	Wake Up
12:00-1:00	6:00-7:30	6:00-7:30
Informal lunch	Early Morning Session (Guided Sitting, Walking, Movement)	Early Morning Session (Silent Sitting, Walking, Movement)
1:15-2:00	7:30-8:30	7:30-8:30
Compassionate Body Scan	Mindful Breakfast	Mindful Breakfast
2:15-4:15	9:00-11:30	9:00-11:30
Welcome & Orientation	Morning Practice Session	Morning Practice Session- Emerging From Silence
Companionable Silence Begins	12:00-1:00	12:00-1:00
--4:45--	Mindful Meal Practice	Informal lunch as a group
4:45-5:45	1:15-2:00	Go Home/Visit Amphawa
Afternoon Practice Session	Compassionate Body Scan	
6:00-7:00	2:30-4:30	
Mindful Dinner	Afternoon Practice Session	
7:15-8:15	4:45-5:45	
Evening Practice Session	Informal Practice Time	
Enjoy Silence	6:00-7:00	
	Mindful Dinner	
	7:15-8:15	
	Evening Practice Session	
	Enjoy Silence	

- All practice sessions are in the meditation room
- Each Mindful Practice Session will include teaching, guided sitting practice, guided movement practice and individual or group walking practice as well as breaks if the session is longer than 90 minutes.
- Participants are welcome to 'opt out' and practice individually in their rooms as they feel they need. We encourage you to practice being aware of your own needs and letting that guide you in finding ways to meet them during this retreat.