

NOBLE STEPS ONE DAY HYBRID RETREAT AT THE HUB IN BERNARDSVILLE

Our silent meditation retreat is **THIS Saturday, May 21st**. It will be held at the Hub, 9 Church St Bernardsville NJ, 07924 as well as virtually. The location was changed to inside in the AC due to predictions of an extremely hot day Saturday (95degrees) There will be an option to do the walking segments outside if you choose.

Please confirm if you are planning to attend as the space is limited. thenoblesteps@gmail.com

Please arrive early enough so we can get everyone spaced and set up before the retreat actually begins at 9. The schedule is below. What you will need to bring:

Bring a yoga mat, and a bolster, bench or pillow for sitting meditation.

Bring a healthy lunch for our mindful eating segment (there is a refrigerator)

Bring a water bottle to stay hydrated (there is filtered water to refill ecofriendly bottles)

Please wear loose-fitting, comfortable clothes for yoga and sitting

PLEASE REMEMBER TO BRING YOUR DEVICE AND HEADSET TO STAY CONNECTED WITH THOSE ON ZOOM

8:30 - 9:00 Arrival, Fellowship

9:00 – 9:30 Introductions, Opening Rituals, setting of intentions and noble silence ED

9:30 – 10:00 First seated meditation CHRIS

10:00 – 10:20 Walking meditation LUCAS

10:20 – 10:35 Break

10:35 – 11:05 2nd sitting meditation KEVIN L

11:05 – 11:35 Yoga ANNIE

11:35-11:50 prepare for mindful eating and break

11:50–12:30 Lunch/Mindful eating BETH

12:30-12:50 walking meditation LORI

12:50-1:00 break

1:00 - 1:30 3rd seated meditation JEAN L

1:30 – 1:50 juggling ANDY

1:50 -2:05 break

2:05– 2:30 big sky meditation/singing bowls LORI/KAT

2:30 - 3:10 dharma talk ED

3:10 - 3:30 Sharing, break noble silence

3:30 – 4:00 Clean up, Fellowship

4:00 Retreat ends

Please email here with any questions and to confirm your attendance. thenoblesteps@gmail.com