

VIRTUAL RETREAT: AFTERNOON OFFLINE ACTIVITIES



In the spirit of engaging our heads, hands and hearts during this retreat, we invite you into a heart space by carving out time for silence and stillness. Sometimes in the whirl of activity and chatter of the weeks we lose connection with the deeper parts of ourselves and our highest intentions. Moments of silence and stillness can be real teachers. And the beauty of it is that by getting back in touch with ourselves we strengthen our capacity for touching the lives of others. Silence [positively impacts our mind and body](#) in a myriad of ways while also [nourishing our spirit](#). Explore the activities below to practice a form of silence and going within that resonates with you. Whatever the form, let the spirit of it be that of reconnecting with yourself.

Prayer Mandala: Spend time in silence making a prayer mandala.



Mandala is a Sanskrit word meaning ‘circle,’ and it is symbolic of wholeness and harmony. A [global peace organisation](#), whose founding family are [dear friends](#) of the ServiceSpace community, introduced the practice of *handwritten mandalas*, which are concentric circles with meaningful words and phrases written on them. As we write, the energy of those words is poured into the mandala and the process heals and revitalises us. When the mandala is completed, it continuously radiates this healing energy to humanity and the natural world. Print an [A4 mandala template](#) or make your own and offer any prayer which feels alive in your own heart. [Share a photo](#) of your completed mandala with our Retreat Pod.

Mindful Walk: Take a mindful walk in silence, preferably outdoors if you can.

Walking can energise and restore your sense of focus. Several studies have shown that taking a break to look at or be in nature can have a rejuvenating effect on the brain. Mindful walking involves shifting awareness away from your mind and bringing it into your body and surroundings. We become aware of the contact of our foot on the ground and our breathing. This guide on [walking meditation](#) or [short video](#) may be helpful. [Thich Naht Hahn says](#), “We arrive in the now with every step.”



