

Welcome to your un-official MBSR Online All-Day Preparation “Home Kit”

One of the keys to having an All-Day experience that serves your intentions for practice is planning ahead. Since you will be doing this All-Day session in your own space, it is critical to spend some time in advance to make sure you have everything taken care of so that you will be undisturbed during the day. Friends, housemates, family members might not understand that you will be in silence for the day so we really encourage you to let folks know in advance to avoid possible interruptions.

When we offer an All-Day in person, we cover the clocks in the room where the session is being held, with a big sign that says, “NOW.” No hands to look at—no numbers to calculate—just NOW! This is a great reminder about what’s actually happening. Dropping beneath clock-time invites an important shift from *doing* to *being*. Participants are also encouraged to take off their watches for the same reason, especially given that many watches now receive calls, emails and text messages. This Home Kit allows you to cover the clock in your space as well. There are even “NOW” covers for your phone should you need to keep that on.

The invitation is to plan well for the All-Day so you can fully arrive and be ready to let the day unfold for you without rushing to collect last minute props etc. In this kit there is a checklist for the items to have on hand as well as things that should be done the day before, like preparing your meal for the meal break.

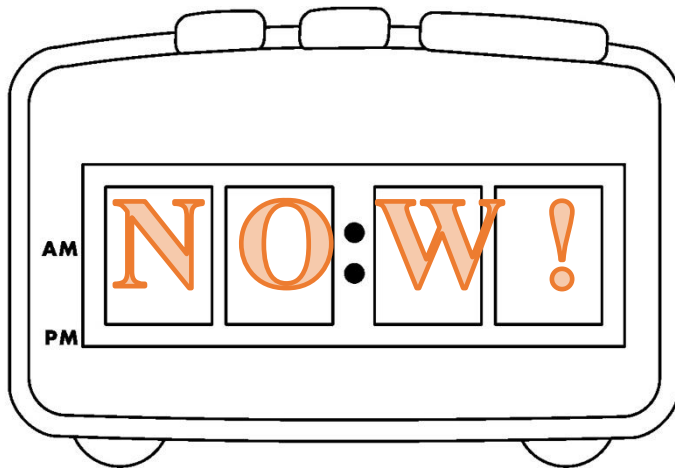
Wishing you a wonderful All-Day experience!

All-Day Check List



- Prepare your space: neaten, dust or vacuum—whatever is going to allow you be present and not distracted. If flowers would be a nice way to greet yourself, buy flowers! Whatever welcome you to the space.
- AC Cable for laptop
- Extra layers (sweater, vest etc.)
- Warm socks or slippers
- Yoga mat
- Chair or cushion for sitting practice
- Tasty meal (already prepared)
- Water bottle filled
- Notifications on computer, phone, watch, tablets turned off
- Ethernet cord (in case your wifi is weak)
- Have Zoom phone numbers handy *and written down* (as a back up, and in case your computer fails at any time)
- Arrive 15 min early to get signed on and settled in
- Put a sign on your door to preserve your space (if housemates or family are about)
- Clock/watch covered or removed
- Turn off cell phone or put it out of sight





**PLEASE DO NOT
DISTURB
I AM PARTICIPATING IN
AN ONLINE SILENT
RETREAT!
~THANK YOU~**

