SiTT

Community Practice Day

Namaste Barn, Saturday 8th May
10 am to 4 pm

Shared practice. Deep listening, Reflective inquiry.
Growing together as mindfulness teachers.

Time	Length	Element	Focus
10:00	20 mins	Arrival, tea and settling	*Arrive, connect and settle*
10:20	15 mins	Welcome and introductions	*Welcome and orientation*
10:35 – 11:35	60 mins	Morning practice – self guided	*Lying down → mindful movement → walking → sitting*
11:35 – 12:00	25 mins	Tea and informal connection	*Conversation and connection*
12:00 – 12:10	10 mins	Introduction to Peer Reflection, Peer Mentoring and Peer Supervision	*Shared ground of embodied dialogue*
12:10 – 12:50	40 mins	Peer Mentoring / Peer Supervision Practice	*Structured, reciprocal inquiry*
12:50 – 1:40	50 mins	Lunch	*Informal connection*
1:40 – 2:40	60 mins	Afternoon practice – self guided	*Lying down → movemend / perhaps yoga → walking → sitting*
2:40 – 3:00	20 mins	Tea and informal connection	*Pause and reconnect*
3:00 – 3:40	40 mins	SiTT Peer Reflection	*Informal, emergent shared inquiry*
3:40 – 4:00	20 mins	Closing practice and reflection	*What are we taking from the day?*

Together we practise, learn and support one another,
returning to what matters.