

## **Green Retreat for BK's, Casa Sangam Retreat Centre, Italy, May 2010 & 2011**

### **Thursday:**

18.00 Dinner

19.00 -19.30 Meditation

19.30 - 20.00 Welcome to Casa Sangam & Aim of the Green retreat

20.00 -21.00 Setting the scene, motivations and introductions

### **Friday:**

9.30 - 10.00 Introduction to late comers

10.00-12.00 **Environment and Consciousness** -

incl. 15 min break. Overview of paradigms, ecology and carbon cycle.

12.00 – 13.15 Workshop on consciousness in groups of 4.

13.00 Lunch

16.00 Tea

16.30 -17.30 Long walk in the forest - meditation commentary via FM Radio headsets

18.15 Short film explaining parts of Francois input

18.30 - 19.30 Meditation and mansa seva

19.30 Dinner

20.30 - 21.30 Sharing of the insights and reflection on the 2 questions

### **Saturday: Environment and Values & Vision**

9.30-9.45 Exercise

9.45- 10.45 Presentation of statements Climate & Consciousness and Policy

10.45-11.15 Meditation and reflections of your vision of nature in harmony and how you see yourself practically helping in this.

11.15-11.30 Break

11.30 – 12.15 Group sharings in 3's of the reflection

12.15 – 12.45 Big group sharing of the reflection

13.00 Lunch

16.00 Tea

16.15 - 17.30 Silent walk in nature incl. yoga by the lake

18.00-18.45 Purity as change agent

18.45-19.30 Meditation – mansa seva for elements

19.30 Dinner

20.30 – 21.30: Presentation Case study – Casa Sangam Yogic farming presentation and 3 short best practices from centers.

## **Sunday: Environment and Action**

9.30-9.45 Exercise

9.45 – 10.15 Online presentation of BK Environment blog

10.15-10.15- 11.15 Feedback on organizational policy and dividing into groups according to interest in how to practice

11.15-11.30 Break

11.30-13.00 Work in groups:

13.15 Lunch

16.30 - 18.00 Presentation of action plan from above groups

18.00 - 20.00 Grounding the theory by visiting organic farm with animal.

20.00 Dinner

21.00 - 22.00 Feedback and Sharing experiences, organic gifts and blessings.

**Day 4:** Departure