



KenKon Winter Retreat 2020

Why do we organise the KenKon Winter Retreat?

To go into retreat means to withdraw: take time out, put yourself at a distance from everyday bustle. Without distractions. No telephone, no newspaper, no book, no idle chatter.

Perhaps you are curious and want to know what it's like go into retreat, yet you don't dare step into the unknown. Perhaps you find it difficult to be truly quiet for a day or more, and you think you won't get through it. If you feel this way, then the KenKon Winter Retreat is also meant for you. The main purpose of the KenKon Winter Retreat is to make the experience of a retreat easily accessible for present and past members of KenKon but visitors and friends are also welcome. It will give you an idea of what a longer retreat might be like, and you have the option of participating for one day or longer. Staying overnight at KenKon is possible, but not required. You determine the length of your retreat. All we ask is that you respect some general rules, the silence, and others' retreat.

How do we do the KenKon Winter Retreat?

We follow no tradition of rituals. All we do is sit quietly, allowing anything to which our mind clings to die away. Together, we sit quietly. On a meditation cushion, a meditation bench or a chair – it's important to take good care of ourselves, as long periods of sitting can result in physical symptoms. Do not allow yourself to be 'intimidated' by those who have grown used to sitting for long periods of practice. Just how you sit quietly is less important than the process of sitting quietly, of *being* quiet.

What do we do during the KenKon Winter Retreat?

We don't do any particular meditation practices. We do adhere to a daily schedule of sitting meditation, walking meditation and *qigong*. We also share the activities of cooking, eating, washing up and cleaning. To experience the retreat more deeply, you may choose to sleep at KenKon as well. There are separate sleeping spaces, washrooms and toilets for women and men. If sleeping at home is better for you, that is also fine. The daily programme begins at 7:00 a.m. and ends at about 9:00 pm. The main thing is that we support each other in sitting quietly by being present.

If you have questions about the Winter Retreat you can contact Raymond Wiggers by mail.
Kenkonretreat2020@gmail.com .

We hope that you will decide to join us for a few days of quiet *being*. You are more than welcome!