

Hello!

Thank you for your continued patience and kindness while I try to wrap my head around Online Retreat-ing! It's been a huge learning curve for me and I am SO grateful for all the support and guidance in bringing this Online At Home Retreat with Ariya Baumann to you. Earlier today, I had a good meeting with Ariya, Marcia, Carol (retreat manager) and Chris (manager support & Online retreat technical support) and am now able to give you some more specifics.

While I am disappointed that I won't be able to see you all in person, I recognize that this Online At Home retreat format can deepen my own home practice. As another TMH teacher said, "For me, home retreat has been transformative in ways I never experienced in residential retreats. It has allowed me to deeply integrate this spiritual path into my living space, creating the visual and temporal reminders of path and practice in my own home." I resonate with that and I hope you do, too. Let's practice together Online At Home with Ariya!

OK, so below are few points that will (hopefully) give you a better sense of what's going to happen.

First, Ariya would like to keep to the Hermitage Retreat format which means that this retreat will not be as heavily structured as other TMH retreats. It will continue to offer a uniquely supportive space of solitude and silence where you can undertake longer periods of intensive meditation practice. The retreat will still offer the opportunity for Vipassana/Insight, Brahma Vihara, as well as the Four Protective Reflections practices. Since each of you are experienced practitioners, Ariya would like to give you the chance to create a course of practice (in consultation with her) that will work for this period. In case you were wondering why this retreat is now a 10-day retreat.... A number of concerns were raised about how to create and sustain a safe closed retreat environment so that participants (in various home situations) would be able to go as deep as possible in their practice, through the Online medium. So after much discussion and thought, we decided to have a 10-day retreat. If you have more questions about this, please let me know.

Tentative Daily Schedule (all times below are NM time and were chosen to best accommodate the wide variety of time zones! I have attached a pdf of the tentative schedule to this email.)

7am: Chanting, Instructions, & Sitting meditation with Ariya (Kathy will be recording)

9am - 12pm: Individual and/or group practice meetings with Ariya (hopefully every participant will get to meet with Ariya at least 3-4 times during the 10 days)

1pm: Dhamma Talk with Ariya (Carol will be recording)

3pm: Group Sit with Carol as practice leader

6pm: Group Sit with Carol as practice leader

Second, we will use Zoom as our online medium. We are going to have a pre-Retreat Zoom Technicalities meeting on July 7th (10am-noon NM time range) to let you know how to access links, access & use the Google Drive "bulletin/info board," how to ask questions of Ariya or Carol, etc...

Everyone is asked to attend this very important meeting. I will email you instructions on how to attend

this meeting as well as necessary retreat-related links at a later time. There will be two Zoom rooms: one is the meditation hall which will be "open" 24/7 and the second is the room for practice meetings with Ariya. We will also be able to record Dhamma Talks, Instructions, and Reflections and post them almost immediately on the Google Drive "bulletin/info board." So if you are not able to make it to a Talk or Reflection, you can still hear it through the recording.

Third, because of the deeper nature of this Hermitage Retreat, we will have a retreat manager, Carol Meckling, and a supporting manager/tech specialist, Chris Clifford. I will be on hand to support Carol and Chris when they need it (due to time zone issues.) There will be a way for your to communicate/ask questions to Ariya (about practice related things) and to Carol (about retreat logistical things). More information on this later! We are doing our best to keep the format of a TMH Hermitage Retreat. Except no Amy Cooking!!

Fourth, because of the intimate nature of a TMH Hermitage Retreat, we will have a limit of 20 participants. If you are interested in attending this retreat, and have not sent us your application, please email us your application as soon as possible. I have a feeling that this retreat will fill soon! I have attached a Word Doc of the application to this email for ease. You can fill out the application on your computer and then email it to me [hermitage@mountainhermitage](mailto:hermitage@mountainhermitage). Also, please feel free to let your Dharma friends know of this Online At Home Retreat with Ariya! The deadline for accepting new applications is June 30, 2020.

Fifth, as I mentioned in my previous email there is a modest retreat fee that will go toward helping us pay for various administrative costs, stipends, Zoom stuff, etc... That fee structure is: Low end \$175, Actual cost \$275, Benefactor end \$375. Partial scholarships are available, so please let me know if you are interested. This retreat fee does not include dana to teacher or to manager or to TMH.

Sixth, please make sure you read the attached Retreat Online Guidelines document. It has some helpful tips on how to set up your space for this Online retreat and how to navigate during the Online retreat. It doesn't cover everything, but I think it covers a lot. Again, if you have any questions about the feasibility of doing this retreat in your space, please don't hesitate to contact me. We all want this Online retreat experience to be a good one for you.

And lastly, take a deep in & out breath right now because you made it through to the end of my email!! I'm sure there will be more information, but this is it for now. I can't thank you enough for your desire to participate in this retreat. The thought that you will be doing practice for the benefit of all beings, especially during this intense time, brings tears of joy and gratitude to my eyes. I bow deeply to you.

with metta and gratitude,

Kathy