**Singing My Soul Online Retreat**

**Retreat Agreements**

Having a clear agreement is an important aspect of our retreat. It is necessary to clarify as best we can the agreement we are making with one another so as to avoid disappointment. Sometimes we can have ‘psychological contracts’ and so to outline the key aspects of our agreement for the retreat I have placed them under the following three headings and hopefully this will help the smooth running of the retreat.

**Commitment**

Your application to participate in the retreat indicates a commitment to your own spiritual unfolding. Taking on to do this retreat is an expression of that bigger commitment and involves a commitment to taking time to pray, spiritual practices, study and how it all might overflow into your daily life. A commitment for this retreat involves your committing to fully participate in the retreat through prayer, spiritual practices, study and to finding ways to let the themes of each day overflow into your daily life. I also ask that you give a commitment to your self-care for the duration of the retreat.

**Confidentiality**

Confidentiality is extremely important to create a sense of safety for those participating in any retreat. Cyberspace sets us even further challenges around confidentiality and protecting personal, professional and ethical boundaries. Below are some guiding principles for our retreat journey.

1. When using Zoom try to ensure that you are in a private space where no one else can listen in and preferably use headphones.
2. What is shared by the retreat facilitator or other participants is held in confidentiality within the group and the sharing by any participant is not spoken of outside of the group.
3. To have respectful boundaries and respectful communication with other participants.
4. Be attentive to your own level of participation and making space for others

**Content**

The material shared on the An Croí Wisdom Institute learning platform is copyrighted to me (Carmel Boyle) and may not be shared with others beyond the group that has registered for the retreat. Much of the content is not available to the public and so any YouTube url content shared is either unlisted or has a private listing and therefore is not to be made available to a third party.

The retreat will be hosted by me over a four-day period and resources will be available for access on the platform for one month after the commencement of the retreat. ( July 23rd)

**Preparing the Space**

**Contemplative Space**

Prepare a contemplative space by attending to having a private and quiet space for yourself, a place where you can retreat to. It may mean letting go of other chores for the day so that you can be as attentive as possible to the retreat resources and to the inner guidance of the Spirit in your day. Make sure your space is comfortable and relaxed.

**Prayer Space**

Prepare your prayer space by arranging an altar or prayer space (you may already have such a space in your house or room). Place on your altar some meaningful symbols and maybe a candle if it is safe to do so.

**Creative Space**

Prepare your creative space by gathering some art materials to have at the ready for any guided creative work or to respond to any personal creative movements. A Journal, pens, colouring pencils, paint, collage materials (images / glue), plain white paper or cardboard – a selection of what is appropriate for you and your ability and preference.

**Technological Space**

Prepare your technological space by giving attention to what is needed to make the most of an online retreat experience.

1. **Good connection** – it is important to have good internet connection and the ability to access the internet.
2. We use the **An Croí Wisdom Institute learning platform** PATHWRIGHT and you will need to have access to your emails and internet to set that up. A link will be sent to you by email. It is simple but it is necessary in order to be able to access the resource materials.
3. **We will use Zoom.** There will be a **live ‘Anamchara’ or group spiritual guidance** session with Carmel for those participating in the retreat on any given day. The duration of this session will be one and a half – to two hours for each day of the four-day retreat. This will be conducted over Zoom so you will need to be able to access Zoom. These challenging times have stretched many of us to use Zoom for the first time but it is turning out to have opened up wonderful opportunities for the continuation of ministry. An email link will be sent to you with the scheduled time for meetings with the retreat participants**. *After the initial four days June 23rd- 26th the retreat continues to be available for others to do the retreat at a later stage at their own pace. However, after the initial four days zoom though zoom sessions can be scheduled with Carmel there will be an additional cost involved.*** These Anamchara / spiritual guidance sessions are already included for participating in the first four days of the retreat at no extra cost.

**It is best to download Zoom onto your computer/tablet.**

1. **Good quality headphones or speakers on your computer, tablet or ipad.** This is important especially for this ‘singing my soul’ retreat because it involves listening to songs on videos and audio. The quality of the sound will enhance the experience.

**Self-Care Space**

Self-care is also important and is supportive of the retreat so I suggest planning ahead around your needs regarding nourishment, rest and support. During a retreat you may uncover some places within you needing further healing so it is important to be kind and gentle with yourself.

**Components of the Retreat**

* **There will be a theme for each day**

Day 1. A Pilgrim Soul

Day 2. Thin Places and Thin Times

Day 3. Divine Feminine and Earth’s Call

Day 4. Blessing and return

**The Learning Platform**

To facilitate inner movement for each day of the retreat I will post resources on the learning platform. These can be accessed at anytime between June 23rd and July 23rd.

* **The Learning platform content will include:**
1. An introduction to each theme
2. Suggested contemplative practices
3. Guided prayer
4. Video presentations
* **The Video content will include:**
1. An orientation video to help you prepare for the retreat
2. An introduction to the theme of the day
3. A video recording of chosen song/s for the theme of the day recorded in a retreat setting
4. A recorded video of song/s prepared with visuals

***Total video recording content for a day is approximately two hours in duration.***

* **Video Conference Session**

The live video conference session with myself as retreat facilitator will take place over zoom and its purpose is to help integrate the themes of the day. It will take place and takes place at 8pm GMT/ 3pm EST – 9.30pm Ireland (that is 3pm – 4.30pm USA) on each day of the four-day retreat. It is a spiritual guidance or Anamchara session with you as participants on any given day of retreat. This is an optional session and will be facilitated by me. It is a session of integration and sharing on the experience of the retreat on that day.

* **Your own time your own space.** As a participants may access the variety of resources for the retreat at a different pace in the day or over the four weeks depending on the demands of each participants living circumstances. Therefore, it is not necessary to have completed all the suggested material of the day to be able to participate in the Zoom Anamchara sessions with Carmel.