

Bristol Sangha Urban Retreat 15-22 January 2022

19 Options to consider including (we suggest choosing 3 max!)

1. Dedicate your day each morning by reading/reciting the 'Dedication Ceremony'.
2. Meditate daily - even 10 minutes, maybe more?
3. Schedule in some 3-minute 'breathing spaces' to your day.
4. Read (or re-read!) a little Dharma every day.
5. Reflect on the Dharma you already know - you could begin by writing all the Dharma you know on the back of a postcard, or an envelope. Then chose one teaching to reflect on.
6. Learn (even sing!) some Dharma by heart - even a few lines. (Do ask if you'd like suggestions or help in finding something.)
7. Practise 'everyday mindfulness':
 - Drinking a cup of tea
 - Taking time to clean, mend or fix something with care
 - Washing up - luxuriating in the warm water, relishing it
 - Going for a walk
8. Sit quietly doing absolutely nothing for 10 mins each day
9. Do a little bodywork each day - yoga, semi-supine practice, walking, running, stretching, swimming - whatever you fancy...
10. Undertake a random act of kindness every day
11. Give something each day
12. Write 3 x A4 pages of 'free/stream-of-consciousness' writing each morning or evening.
13. Cut down or cut out intoxicants - alcohol, telly, internet, phone, gaming, social media, shopping - 'guard the gates of the senses'.
14. Practice puja (search thebuddhistcentre.com for pujas or get a puja book from Windhorse Publications)

15. Take your daily exercise with a fellow Dharma-farer and share your experiences of practicing, your inspirations and challenges.
16. Make something - draw/paint/carve/glue/sculpt/bake/play music/sing... whatever.
17. Spend some time letting a tree look at you.
18. Learn a mantra to chant and try doing this out loud (eg for 15 minutes) and also silently. (Here's [a link to some mantras.](#))
19. Take up the 'Five Good Things' practice - each evening, write down five good things that have happened during the day - could be as small as a moment of noticing the light change, a smile with a stranger or a sense of mastery at completing a small practical task. Consider sharing your list of good things with your buddy.