

‘Every Day A Good Day’: A Return to the Self

Retreat Synopsis

In an afflicted world that is struggling to find its feet, the traditional practices and disciplines of Taiji, calligraphy, mindfulness, and tea blossom ever ancient ever new — like the first green shoots that herald a new springtime, they carry the seeds of new life and regeneration.

Being as many traditional disciplines as they are complementary forms of still and movement meditations, these practices open the doors to one collective human experience: The movement of the arm, the drawing of breath, the stroke of the brush, and the lifting of the tea bowl — these all speak directly to our hearts as the unheard voice of quietude and solace, inviting us to return to the very most nature of the self.

At this retreat, we explore these contemplative practices not as forms of escapism, but as the very means of living that give us purpose and a deep-seated grounding awareness. Tapping on the inexhaustible treasures contained therein, we are reminded that we dwell not in the past nor the future, but in the present partaking of eternity — here we learn to live the Eternal Now. And so regardless of how the seasons change, we become unceasingly aware and mindful of the things that center and anchor us: Whether the path ahead is dark and wintry or warm and breezy, “Every Day is a Good Day.”

Retreat Offerings

- Daily breakfast for up to 2 persons
- Curated Experience Collection by JI Academy at Oasia Resort Sentosa*
 - Tienji Movement Taiji – A multi-level sensory movement that balances stamina and softness*
 - Sitting with Tea – An introduction to affairs of the tea and sitting in solitude*
 - Calligraphy in Motion – Power of movement and energy transformed in Art*
 - Setting Your Vision – Using the lens of a powerful visualization of self to set your 2022 goals*
- Complimentary Wellness Activities and amenities including Oasia Herbal Tea, Welcome Snack, Wellness Turndown Grift, and Oasia Wellness Journal.
- \$50 dining credit voucher per room per stay

*Advanced booking is required. Slots are subject to availability.

Book Period: Now – 9 September 2022

Stay Period: 9-11 September 2022 OR 16-18 September 2022

+ Terms and conditions



**'Every Day A Good Day': A Return to the Self
Itinerary / Programme schedule**

Day 1

<u>Time</u>	<u>Itinerary</u>
3.00pm	Check-in at Oasia Sentosa
5.00pm	Welcome Setting Intentions A simple introduction and sharing of intentions
6.00pm	Group Meet Up
6.30pm	Light Dinner
7.30pm	Tea Affairs: Mindful Drinking An introduction to the affairs of tea, and a brief guide to mindful drinking/eating (and mindful habits to keep in mind throughout the retreat
8.00 pm	Tienji Sleep Meditation An intro to Tienji and relax in a warm, relaxing deep sleep meditation
8.45pm	End of Day 1

DAY 2

6.30am	Tienji Movement Taiji A multi-level session that balances strength, stamina, and softness through moving with awareness. Expect to be challenged with movement detailing
8.30am	Breakfast
9.30am	The Art to Calligraphy: Brush & Strokes Learn this sacred tradition where the power of movement and energy transform into art
11.30am	Rest Time
12.30pm	Lunch





2.00pm	Setting Your Life Vision! Where fun & creativity come to life. Use the lens of a powerful visualization exercise to help you achieve your intentions
3.30pm	Sitting with Tea Through sitting in solitude and mindful drinking, we encounter the self and the shared human experience in a bowl of tea.
6.00pm	Rest time
6.30pm	Tienji Breath & Stretch Light, breath-work, and stretch to release tensions and relax the mind and heart
7.30 pm	Dinner and End of Day 2
<u>Day 3</u>	
6.30am	Tienji Movement Taiji Start with movement in harmony as we explore key segments of form, ending in a floor-work session as we look inward to reset ourselves for the day.
8.00am	Breakfast
9.00am	Calligraphy: The Way of Writing Create your calligraphy where patience and precision, through repetitive and dedicated practice sets you in a clear meditative state.
10.45am	Closing of Retreat & Takeaway over Tea Share your thoughts and learnings
12.00noon	End of Retreat

Note: Timings and Activities of the Day may change due to scheduling



Pre-Arrival Preparation

Following are some pre-arrival guidelines to prepare you for the Retreat.

1. Do wear comfortable clothes, either loose or gym gear. As some of the activities alternate between indoor and outdoor, please carry a warm top or scarf. For some of the activities, we will be seated on the floor (on mats), please dress appropriately.
2. To support sustainability elements in the retreat, participants are requested to:
 - a. Bring their water bottles to events
 - b. Let us help you discard your used magazines and papers, please bring 3-4 magazines per guest for the Visualization Activity.
 - c. Bring your own yoga mat (mats are also provided)
3. Participants need to be ON TIME. Kindly be at the venues 10 minutes before the commencement of the event.
4. All digital devices are to be left at the entrance of each venue, or completely switched off during sessions.
5. We advise participants to eat lightly for their meals. Oasia Hotel Sentosa has kindly provided a 20% discount (selected items only) for dining at Bedrock Origin. Participants are entitled to a S\$50.00 dining voucher giving the option of dining around the precinct. (Applicable at these [participating outlets](#).)