

Every year, monasteries in the Plum Village tradition hold a three-month winter retreat starting the third week of November. This retreat time dates back to the time of the Buddha and it is a wonderful way to renew and deepen one's practice.

A lay sangha member asked one of the monks what he could do to follow a winter retreat practice in his own home. Brother Phap Ho sent him the following list of suggested activities. Feel free to join in during this time by making a commitment to one or more of these practices or modifying them to suit you.

- 6 days a week 45 minutes silent sitting
- 6 times a week silent meal 10 minutes
- 3 days a week read out loud a chapter from *Touching the Earth*, intimate conversations with the Buddha ( or another book by Thay)
- 3 times a month practice with a local Sangha
- 3 times a month participate in a Day of Mindfulness at a practice center (you can skip this one if there is no practice center near you)
- 1 day each week with no work