



Suggestions for Time in Silence & Solitude

Welcome to Siena Retreat Center! We hope that you find here the peace and spiritual renewal that you are seeking. We offer this guide as a resource for you.

Listen to your body and to your heart. There is no right or wrong way to spend this time you have set aside for retreat.



Consider fasting from digital devices. Put aside your smartphone, tablet, or laptop during your retreat. Give family and friends the Siena Retreat Center phone number to call in case of emergency.

Be in quiet meditation in the small Prayer & Meditation Room on the first floor.

Journal to express yourself and gain clarity.

Become fully aware of your thoughts and feelings. Consider expressing them through writing or artwork as a way to release and process them.

Express yourself through art in the Creativity Room on the first floor; make a SoulCollage card, color a mandala, fold an origami butterfly or peace crane, paint with watercolors, draw ZenTangle, etc.



Spend time in individual prayer. Directions for prayer through Lectio Divina, Examen of Conscience, and walking the labyrinth are in the Creativity Room.

Consciously slow down all your daily activities (grooming, bathing, eating, walking)



Find a quiet place to read and reflect. Read just short passages, noting what especially speaks to you. Sitting rooms and reading libraries are on the 2nd and 3rd floors.

Give yourself permission to rest and nap.

Stroll the beautiful grounds. There are paths through the prairie and wooded areas and to the lakefront. The lakefront is accesible to retreatants. The “no beach access” sign is intended to mean “no public beach access.” Watch your step on uneven, slippery rocks.



Match your breathing to the sound of the waves.

Borrow a bike (stored in enclosed porch or outside on the rack near the dining hall) and go for a ride.

Pick up a lawn chair from the enclosed porch and sit outside.

Walk meditatively on the outdoor grass labyrinth.

Watch the sunrise. Stop and listen to the birds. Walk under the stars.



Blessings on your time here!