

# EXPECTATIONS OF SOLO TIME

## WHY ALONE?

Solitude gives you an opportunity to discover yourself and find your own voice."

Psychology Today

## WHY SILENT?

"During these periods of silence, your brain has the freedom it needs to discover its place in your internal and external world."

Rebecca Beris



You may choose to practice mindfulness or a silent activity.

Commit to silence throughout the allotted time; no verbal/nonverbal communication

Find a comfortable place in the room that will help you be anchored and awake

Spread out so that you have your own space

Be thoughtful of everyone else's space and needs in the room.