

HUMAN-ROBOT MEDITATION RETREAT SCHEDULE

REHEARSAL II: February 22, 2025

1. Welcome & Setting Intention (0:00–0:10) - *seated in circle*

Pepper robot delivers a welcome message (e.g., today's Retreat gives you time to relax your mind and experience the harmony of your body and technology) +@ introduces schedule.

2. Robot Cowboy Folies: An Exercise in CACOPHONY (0:10–0:30) - *stand in circle*

Humans and voicebots read and LLM-Human folie script creation while audience makes sound effects with real objects or floors/tables/walls, intro to Hero's Journey

... noble silence begins...

3. Mindful Breathing with Robot: An Exercise in SILENCE (0:30–1:00)- *sitting meditation*

Mini-pupper and human introduces what sitting meditation is, introducing practices for noting the breath, noticing sensations or sounds or senses, guiding the rhythm of the participants' breathing with a soft voice. (e.g., inhale deeply and exhale slowly.) *If you find yourself getting distracted, that's okay. When you notice, bring your attention back to your breath.*

4. Silent Nature Witnessing: Reflection and Collection (1:00–1:15)- *walking meditation*

Provide instructions "Now take a walk outside, scanning through the environment for nature. Or take your own time in a quiet space." We invite those who are interested to return with a natural object, like a leaf or rock [[that we can bring back to our VLM-enabled centerpiece]]

5. RAIN Guided Meditation (1:15–1:45)- *seated meditation, face window or wall*

Intro by Pepper and human to Tara Brach R.A.I.N. audio guided meditation, "Of all the meditation techniques we might teach during an Oregon winter, we thought that one called "rain" was a great match." A combination of custom Pepper intro and human audio [recording](#).

6. Mindful Movement with Robot Puppy (1:45–2:15)- *moving meditation, floor/stand/jog*

Mini-Pupper robo-puppies and their Human trainers lead us in Coordinate System Stretching Exercises. Through Pupper's action, the action is visually shown to the participants reinforced by human or machine speech like an exercise class {people may also just watch each other.}}

... noble silence ends...

7. Speaker/Listener: Group Sharing & Contemplation (2:15–2:45)- *two groups, then one*

Start with a breakout group Speaker listener then return to the circle for group sharing. Thought witnessing exercise with custom-developed AI. We will practice human-AI and human-human.

8. OctoDrum Shavasana & Close (2:45–3:00)- *seated in chairs or laying on floor*

Octodrum (OPeNs lab) close -- shavasana(a restorative yoga pose) with seagulls and ocean sounds. Ends by guiding participants with simple musical breathing exercise, as attendees sit stretching or simply lying on the floor

As we conclude our retreat, a message is provided: "Remember today's experience and keep your peace of mind going forward. It's okay also if your gears are sometimes frenetically turning. Remember your anchors" 