

k1. Welcome & Setting Intention (0:00–0:10)

Pepper 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) +@ Guides simple activities



2. Robot Cowboy Folies: An Exercise in Cacophony and Noticing (0:10–0:30)

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 **FOLIES PROP SETUP + REHEARSAL HELPFUL**

3. Mindful Breathing with Robot: An Exercise in Silence and Noticing (0:30–1:00)

Pepper or human guides 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.* This {end of?} activity also begins the “noble silence”

Add **natural sounds**{rainstorm?} to the background to help relax {human} nervous system.s [what might robots find relaxing?]
CUSHION/SOFT BLANKET HELPFUL

4. Silent Nature Witnessing: Reflection and Collection (1:00–1:15)

Provides 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]] **CLEAR DIRECTIONS TO HUMANS HELPFUL, RING BELL TO GET PEOPLE BACK**

5. Guided Meditation: Technology & Nature (1:15–1:45)

Guided by Pepper, "Witness biology, Growth/Rest cycles, falling leaves, robot pruning experiments...Imagine how technology and nature affect our lives." +@ A combination of visual material (Pepper's tablet) and voice. **TRY PRINTING OUT PICTURES AND MOUNTING THEM TO BE PASSED AROUND, SILENCE OBSERVED, NON_VERBALS REMAIN**

6. Puppy Robot Facilitated Mindful Movement (1:45–2:15)

Mini-Pupper robo-puppies and their Human trainers lead us in Coordinate System Stretching Exercises, as well as breathing and other synchronized movement sequences. 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 end up watching each other.}} **YOGA MATS OR CHAIRS { GOOD FOR BALANCE, eg LEG LIFTS} HELPFUL**



7. Almost Closing Circle, End of Silence: Group Sharing & Contemplation (2:15–2:45)

Start with a breakout group Speaker listener then return to the circle for group sharing. Provide the question Pepper asked, "Share anything you've noticed / the most impressive things about meditation today." +@ Provide positive feedback based on your answers. **CUSHIONS/CHAIRS**

8. Meditation & Integration (2:45–3:00)

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

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" 