



19 SEPTEMBER

Manifesto

The world constantly demands our attention: our work, screens, responsibilities, ambitions, and endless worries. We keep responding. Somewhere in all that noise, we lose touch with ourselves.

World Retreat Day is your invitation to step back.

Not to run away from life, but to return to it with clarity, presence, and peace.

A retreat isn't about expensive travel, strict meditation, or total isolation. It is simply an intentional pause.

Your retreat could be:

- A quiet morning walk
- A captivating book or sketchbook
- Cooking a simple meal or tending to a garden
- Listening to music, writing, or praying
- Sitting under a tree or doing absolutely nothing at all

What matters isn't what you do — it is the intention behind it.

Step away from what the world expects of you, and give that attention back to yourself.

How to Participate on 19 September

- 01** | **Retreat Your Way (Throughout the Day)**
Take time during the day to step back and reconnect using whatever activity grounds you.
- 02** | **60 Minutes of Silence (9:00 PM Local Time)**
At 9:00 PM local time, join a global wave of quietness. No performance, no rules, no expectations. Just pure, uninterrupted silence.
- 03** | **15 Minutes for Yourself (Every Day After)**
Don't wait another year. Make space for yourself daily.

Retreat shouldn't be a luxury reserved for mountains, monasteries, or high-end resorts. It belongs to everyone, everywhere.

19 September.

Step away. Reconnect. Return to yourself.