

What exactly happens at Stillpoint, and when are you open?

Hours of operation

Although the space will not be programmed with continuous activities, Stillpoint is open from 7AM-10PM everyday. Various classes, workshops, and events will be offered all year long, with an estimated 50-60 classes each month (600-720 per year). Class sizes could range from 10-40 students. We expect some larger crowds for evening activities which could range from 10-60, with a maximum limit of 99 (including staff).

Classes, workshops, and events at the Stillpoint center will be supplemented with regular events such as: Inwards conversation series, day long meditation retreats, community conversations, and other artistic exhibitions such as fine art, photography, crafts, movement, and music.

Sale of alcohol will not be allowed. Any amplified music will adhere to all noise West Tisbury regulations.

As a way to help pay our operating costs and to keep the price of renting the space affordable, Stillpoint will be available for rental.

Estimated usage each day and what a sample day could look like

Peak Summer (June-August)

7AM Yoga, Tai Chi, or similar fitness instruction for 10-40 people

10AM Meditation & Mindfulness training or "Inwards" conversations for 10-30 people

3PM Kids workshop activity/class for 10-25 children

7PM Evening discussion groups or presentation for 10-60 people (evening events 2 or 3 nights per week)

Off season activity (Sept-May)

7AM Yoga, Tai Chi, or similar fitness instruction for 10 - 30 people

10AM Meditation & Mindfulness training or "Inwards" conversations for 10-30 people

3PM after school kids workshop activity/class for 10-25 students

7PM Evening discussion groups or presentation for 10-50 people (evening events 2 or 3 nights per week)

What are the types of things that happen at Stillpoint?

Meditation & Mindfulness instruction (day long and hour long)

“Inwards” conversation series

Discussion groups (men’s groups, women’s groups, native groups etc.)

Offerings for senior citizens

Counseling for kids and teens

Fitness Instruction could include (pilates and gyrotonic, martial arts, yoga, Tai Chi)

Figure drawing

Lecture series

Poetry readings

Lessons on organic gardening

Mindful forest walking

Climate change mitigation classes

Communication classes (taking a very divisive topic and hosting a mediated discussion series that aims to teach people how to listen, share their ideas, and how to find a middle ground)

Stillpoint Application for Use of Space

Before applying to use the space at Stillpoint, please review our mission and core values.

MISSION:

Stillpoint is a not-for-profit educational organization. Our mission is to create a year-round community gathering place for educational offerings, including but not limited to, classes, workshops, retreats, and the arts.

CORE VALUES:

Education—lifelong learning in a variety of disciplines

Quiet—cultivation of mindfulness, space to go deeper into the issues of your life

Connection—connecting with other community members, regardless of their beliefs

Action—practical steps to help people live a more peaceful and harmonious life

Nature—access to walking trails and forested land, with places to sit and enjoy the outdoors

Name:

Email:

Address:

Organization affiliated with (if any):

Days/times needed:

How did you hear about us:

Please tell us about your offerings and how they relate to our educational mission and core values.

Standard rental fees apply. However, if the fee is a barrier for you and your work falls within our mission, please describe your situation, so that Stillpoint can consider assisting you with fundraising.

APPLICANTS PLEASE NOTE:

Maximum capacity is 99 people (including staff).

Sale of alcohol is not allowed.

This a quiet campus, any amplified music must comply with West Tisbury noise bylaws.

Smoking is prohibited in the barn.