

## ***Insight through mindfulness***

### ***Two two-week retreats***

*11<sup>th</sup> (6pm) – 25<sup>th</sup> (2pm) May*

*and 7<sup>th</sup> (6pm) – 21<sup>st</sup> (2pm) September*

These two-week long retreats offer an opportunity for sustained and continuous practice based on the Buddha's Four Foundations of Mindfulness as taught in the Satipatthana Sutta. The emphasis will be on the insight aspect within the practice of mindfulness deepening the paramis of concentration, wisdom and loving kindness. Ultimately, these are the only reliable refuges.

We aim to create a supportive space as possible enabling participants to fully engage with the practice without having other responsibilities, providing the following structure:

Jane and John will be available throughout offering practical support and guaranteeing a smooth running of the event. They will also take care of buying in the food and doing the cooking. ***The course fee will therefore also include food.***

Retreatants will have one hour a day of karma yoga and silence will be observed throughout the two weeks.

Regular bodywork sessions will be included in the programme.

You can attend for shorter periods but to keep disruption to a minimum, you will have to join at the beginning of the retreat. Only in exceptional cases may experienced practitioners join halfway.

Participants need to have previous experience with the practice of mindfulness and be familiar with silence.

*Course fee:*

*For the full two weeks: £ 545*

*For shorter stays: 3 days: £ 165 ; 5 days: £ 260*

*For stays between 6 and 13 days, a sliding scale will be implemented. For example:  
7-days fee: £ 294 ; 10-days fee: £ 420 ; 12-days fee: £468*

Fee includes accommodation ***and*** food. The teaching is given on the basis of dāna.

A reduced fee, for the full two weeks only, of £ 495 , will be available for students who will not be able to afford the full rate. Please, apply beforehand if you wish to make use of that as it will only be available for a limited number of students.