



# Everyday Mindfulness

## About the retreat

During the last couple of decades, the benefits of mindfulness practice have been widely explored within the secular sciences. It has been recognised as a powerful tool for well-being, integrating the older and newer parts of the brain; the right and left hemispheres, as well as body and mind.

This retreat explores how we can shift towards a more mindful way of being that really will make a difference to the way we live and experience ourselves; more calm, kind and centred; connected to ourselves, others, the environment and our purpose in life. We will learn about the place of mindfulness within a Buddhist context and experience the joys (and challenges) of meditation, the gentle movement of yoga and tai-chi, as well as some reflective writing, as support to any changes we may want to make.

The retreat will appeal to those who have done a mindfulness course, or a retreat before, teachers of mindfulness, as well as those new to it.

## Is there anything special I need to bring?

Please bring loose, comfortable clothes, any inspiring poems you may want to share and musical instruments, if you play any.

Please also bring a handful of earth from your current environment.

## What can you expect from the programme?

The daily programme will include around 4 periods of meditation (gradually building up the length of each sitting to about 40min).

There will be periods of silence on the retreat to support reflection. We will have at least one full day of silence, as well as silent periods over night and at other times during the day.

## Additional information

Although mindfulness can be a helpful tool for dealing with depression and anxiety, this retreat is unsuitable for people with severe mental health problems.

Please get in touch if in doubt as to whether this is the right retreat for you.

### **About the retreat team**

**Ratnadevi:** meditation and yoga teacher, has taught MBCT extensively since 2005

**Larry Butler:** Tai-chi teacher and writer