

World Community for Christian Meditation in the UK

(Reg charity 1189977)



## Essential Teaching Weekend

Ilkley, West Yorkshire

**1<sup>st</sup> -3<sup>rd</sup> October 2021**

Have you been meditating in the tradition taught by John Main for more than a year? Do you feel you would like to grow in your understanding of your meditation practice and be more confident about talking about it with others? An Essential Teaching Weekend is designed as a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

The style of the weekend is relaxed and informative and takes place at the Briery Retreat Centre, which is situated at the 'foot of Ilkley Moor' in the heart of the Yorkshire Dales.

The comfortable accommodation provides single rooms with newly fitted ensuite bathrooms. The sisters and staff ensure a warm and welcoming environment.

The UK community has enabled this subsidised cost which includes all accommodation, meals, talks and resources.

**Cost £175 per person - Fully refundable.**

**For more details including information about bursaries and the application form please email:**

**[ailsa.adamson@gmail.com](mailto:ailsa.adamson@gmail.com)**

**or call the UK office on 020 8280 2283**