

World Community for Christian Meditation in the UK

Essential Teaching Weekend

Ilkley, West Yorkshire

2-4 October 2020

Have you been meditating in the John Main tradition 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 passing it on to others?

An Essential Teaching Weekend is not designed as a retreat but as a participative weekend with presentations by teachers in the community, group discussion and practical exercises. We look together at the history of the tradition passed on by John Main, the essence of the practice, and psychological aspects of the journey. We also think about how to give an introductory talk and the sort of questions people ask when they begin.

The style of the weekend is relaxed and informative and takes place at the Briery Retreat Centre. Situated at the 'foot of Ilkley Moor' in the heart of the Yorkshire Dales, the comfortable accommodation is mainly single rooms with shared bathrooms - we are unable to guarantee an ensuite room.

We would like all who want to come to be able to do so and have a fund for bursaries. If you wish to come but it is beyond your means, please contact us to see how we can help. We also help with travel costs if needed.

Cost £85 per person

For an application form please email

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Christian Meditation Trust (UK) reg. charity no: 1101900

