



The World  
Community  
for Christian  
Meditation

The School of  
Meditation

## THE ESSENTIAL TEACHING WEEKEND

led by Liz Watson & Briji Waterfield

**Friday 9 March – Sunday 11 March, 2012**

Starts Friday 5.15 pm and ends after lunch on Sunday at 1.30 pm

**Ladywell Retreat Centre, Godalming, Surrey GU7 1ST**

A residential weekend for meditators who have been meditating in our tradition for at least a year and want to deepen their personal experience and understanding of the rich tradition we are part of, and who may wish to share the gift of meditation with others.

The weekend will focus on the core teaching, the history of the Christian mystical tradition and stages of the journey. Working in groups, participants will share practical ways of introducing meditation to others.

The weekend will be framed with meditation three times a day and will allow time for participants to reflect on their own experience, the teachings of John Main, Laurence Freeman and others, and to enjoy the sense of community which meditation creates.

*To prepare for the weekend you are asked to read Laurence Freeman's book  
Christian Meditation - Your Daily Practice*

**Accommodation:** is in single bedrooms with handbasins and shared bathroom.

**Cost:** We want to make it possible for people with varied levels of income to attend. The fee is between £110 and £160. Please pay at the affordable level for you between £110 and £160. Those who can pay at a higher level will be providing financial assistance for others who need it.

**If you need further financial assistance, or have any queries please contact  
Liz Watson 020 7249 8701 [lizwatson@blueyonder.co.uk](mailto:lizwatson@blueyonder.co.uk)**

### BOOKING SLIP

Name

Address

Email

Tel No

Please state any dietary or other special needs:

**Cheques should be made payable to: "The Christian Meditation Trust (UK)"**

**Return completed slip with your cheque to: Liz Watson, 75 Winston Road, London N16 9LN**

Christian Meditation Trust (UK) Registered Charity 1101900