

Lancashire Region News

Body, Mind and Spirit Retreat 19th to 21st February 2010

Body Mind and Spirit Retreat was a combination of Tai chi, led by Terry Doyle .Meditation, led by Liz Watson and circle dance led by Christine Colbert. It made for an inspiring, and very



enjoyable weekend held at the Briery Retreat Centre in Ilkley, Yorkshire.

34 people attended Tai Chi enthusiasts, meditators and non-meditators and those to whom the whole experience was breaking new ground certainly out of their comfort zone. All joined in and from comments thoroughly enjoyed the experience.

Terry leading us into a bodily silence which stilled our minds, perfect for the meditation session which followed. We had further sessions of Tai Chi and practiced the art of healing massage. Liz expounded the teaching of John Main on learning to meditate and then followed up with a lengthy session on St Paul; in a hope she said to “give him a more

Each day started with Tai Chi –
positive press.”



Circle dance led by a Bolton meditator Christine, led into the evening sessions of meditation, and into the beautifully arranged Eucharist which was the final act of worship on the Sunday. Rev Felicity Shaw, one of our group leaders’s presided

Our bodies were well catered for by the comfort of the house and the excellent food. This combined with the gentle exercise of Tai chi and circle dance. Our minds were nourished by words of John Main and St Paul and our spirits raised by the silent presence of the spirit of God leading us into an

oneness of peace and joy which showed in the faces of all, and inevitably led for the request to repeat the retreat next year.



Sheila Wrigley

WCCM Co-ordinator for the Lancashire Region