



School of Meditation School Retreat  
Monday 11<sup>th</sup> – Sunday 17<sup>th</sup> May 2020  
Led by Julie Roberts  
with Jacqueline Russell & Liz Watson

The School Retreat is a six day residential intensive. It is suitable for people who have been meditating seriously for some time in our tradition, and have some experience of integrating meditation into daily life. It forms a very natural progression from the Essential Teaching Weekend and offers a time of silence and stillness with a daily flow of meditation, a short talk and a regular meeting with one of the retreat leaders. It offers a profound, integrated experience of both sides of the spiritual journey of meditation – of solitude and fellowship, and gently opens participants to explore how they are called to share the gift.

The retreat will be held at The Greenhouse Christian Centre, in Poole, Dorset ([www.the-greenhouse.org](http://www.the-greenhouse.org)) which offers warm and comfortable accommodation in single occupancy rooms. There is limited availability of ensuite rooms which will be allocated according to need.

Cost £550.00

Bursaries to help with the cost of attending this retreat are available – please ask.

For an application form please email: [jacqrussell3@gmail.com](mailto:jacqrussell3@gmail.com)

or telephone 01296 488450