

One day Meditation Retreat

On Sunday 23rd October at Harnham Buddhist Monastery.

The retreat will be held in Kusala House and is an opportunity to experience communal practice and guidance in Aruna Ratanagiri Buddhist Monastery.

We will start at 10am and suggest arriving by 9.30am

Allow time to park at the Lake car-park (on the right, before the gate to Harnham Hill)

Lunch at 12pm-1pm sharing food we chose to bring. Between 4pm-5pm tea and relax, leave or stay for evening puja.

There will be periods of guided sitting and walking meditation, exchanging experiences and a question and answer time.

There is no charge for the day but a Donation Box will be provided for the support of the Monastery.

The day is being led by Virginia Kennedy.

You can request a place (limited to 16 places) by emailing Gilla Quinn on aruna.retreats@ratanagiri.org.uk

Warmest regards

Virginia