

					RATES (£)				
DATES	RETREAT TITLE	TEACHERS	KEY	CODE	ST	SUP	SPON	YP	FAB
8-13 Jan	Meditation and Mindfulness in Daily Life	Martine Batchelor Jenny Wilks	A & B	19130	295	251	354	89	148
17-21 Jan	Inquiring into the Nature of Experience	Alan Lewis Laura Bridgman	A	19131	236	201	283	71	118
25-28 Jan	Dana Retreat: A Path of Peace and Kindness	Yanai Postelnik	A	19132	48	0	0	0	0
1-4 Feb	Origins and Applications of Mindfulness: MBCT/MBSR Foundations	Chris Cullen Jaya K Rudgard	C & E	19133	192	163	230	58	96
7-10 Feb	Embodying Presence-The Deep Current	Leela Sarti	A	19134	192	163	230	58	96
15-17 Feb	Young People Retreat: Wisdom and Compassion	Jake Dartington	C	19135	38	32	46	0	19
22-27 Feb	Awakening and Liberating the Heart	Kirsten Kratz Chris Cullen	A	19136	295	251	354	89	148
2-4 Mar	Practicing Samadhi	Suvaco	E	19137	128	109	154	38	64
7-11 Mar	The Dance of Faith and Wisdom	Jaya K Rudgard Laura Bridgman	A	19138	236	201	283	71	118
15-20 Mar	Freeness and Friction: How we Meet Ourselves and the World	Martin Aylward	A	19139	295	251	354	89	148
23-30 Mar	Roots into the Ground of Soul	Rob Burbea Catherine McGee	C & E	19140	413	351	496	124	207
6-13 Apr	Sön Retreat	Stephen Batchelor Martine Batchelor	E	19141	413	351	496	124	207
18-22 Apr	Practicing Liberation from the Three Poisons	Lama Rod	C	19142	236	201	283	71	118
26-30 Apr	Self-Compassion and the Courageous Heart	Jaya K Rudgard Yanai Postelnik	A	19143	236	201	283	71	118

					RATES (£)				
DATES	RETREAT TITLE	TEACHERS	KEY	CODE	ST	SUP	SPON	YP	FAB
3-6 May	Abiding with a Heart Imbued with Love	Catherine McGee Jaya K Rudgard	A	19144	192	163	230	58	96
10-12 May	Mahasi Weekend Retreat	Bhante Bodhidhamma	A & C	19145	128	109	154	38	64
10-19 May	Mahasi Nine-Day Retreat	Bhante Bodhidhamma	A & C	19146	486	413	583	146	243
23-27 May	A Wide and Wonderful Path	Zohar Lavie Laura Bridgman	A	19147	236	201	283	71	118
30 May-4 Jun	Living with Illness and Loss	Zohar Lavie	A & C	19148	265	225	318	80	133
8-16 Jun	Embodying the Awakened Heart	Yanai Postelnik Leela Sarti	A	19149	472	401	566	142	236
19th Jun	Meditation Day: Goodness, Presence and Wisdom	Yanai Postelnik	A	19150	33	0	0	10	17
22-29 Jun	Finding True Refuge in a Modern World	Catherine McGee Anushka Fernandopulle	C	19151	413	351	496	124	207
7-11 Jul	Opening the Heart with Mindfulness and Compassion	Jenny Wilks	A	19152	236	201	283	71	118
<b>Living Fearlessly with Change programme starting July 2019</b>									
19-26 Jul	Secular Buddhist Retreat @ EarthSpirit, Somerset	Stephen Batchelor Martine Batchelor	A	19154	460	391	552	138	230
5-11 Aug	Natural Ease in Practice	Laura Bridgman Ajahn Jutindharo	A & B	19155	354	301	425	106	177
15-22 Aug	Freeing of Human Consciousness: Decolonising Body, Heart and Mind	Suvaco Thanissara	A	19156	413	351	496	124	207
26-30 Aug	Pathways to Happiness: Cultivating Wellbeing and Contentment	Zohar Lavie	A	19157	236	201	283	71	118

					RATES (£)				
DATES	RETREAT TITLE	TEACHERS	KEY	CODE	ST	SUP	SPON	YP	FAB
2-9 Sep	The Four Immeasurables	Jenny Wilks Zohar Lavie	A	19158	413	351	496	124	207
13-16 Sep	Mindfulness: Beyond the Eight-Week Course	Jenny Wilks Vici Williams	C	19159	192	163	230	58	96
22-29 Sep	Mindfulness, Insight, Liberation: MBCT/MBSR Foundations	Christina Feldman John Peacock	C & E	19160	413	351	496	124	207
4-9 Oct	Awakening in Stillness and in Movement: Yoga and Meditation	Martin Aylward Gail Aylward	A	19161	295	251	354	89	148
15-20 Oct	The Heart of Wisdom and Kindness	Yanai Postelnik	A	19162	295	251	354	89	148
25-27 Oct	Wisdom Born of Stillness	Ajahn Brahm	A	19163	128	109	154	38	64
1-6 Nov	Insight Meditation and Yoga	Yanai Postelnik Helen Stephenson	A	19164	295	251	354	89	148
10 Nov	Meditation Day: Liberation Through Kindness	Ven Canda	A	19165	33	0	0	10	17
15-22 Nov	The Beauty of Being	Leela Sarti	A	19166	413	351	496	124	207
29 Nov-2 Dec	The Path of Insight Meditation	Yanai Postelnik	A	19167	192	163	230	58	96
8-13 Dec	To Be in the World, To Be Touched by Life	Kirsten Kratz Jaya K Rudgard	A	19168	295	251	354	89	148
17 Dec-8 Jan	Practising the Jhānas	Rob Burbea	E	19169	1012	0	0	0	0

**Rates:**

ST = Standard, SUP = Supported, SPON = Sponsor, YP = Young Persons, FAB = FAB Fund  
Please see overleaf for further information about our rates.

 This retreat will be held at a EarthSpirit Centre, Somerset, UK.

**Key:**

- A = Suitable for all
- B = Particularly suitable for beginners
- C = Special criteria\*
- E = For experienced meditators

\*Please see our website or ask our Reception team for details of specified criteria for attendance.