



GAIA HOUSE

INSIGHT MEDITATION IN THE BUDDHIST TRADITION



Welcome

As regular readers may have noticed this year we did not send out a Spring Newsletter. Instead of a twice yearly Newsletter, we have decided to produce a single, annual Gaia House magazine containing both news of our activities and a range of articles that we hope will be of interest to our readers. This has benefits in terms of sustainability (reducing paper use, saving postage costs and carbon footprint) whilst enabling us to include a wider range in terms of content. We also plan to increase the number of e-bulletins that we produce to at least six per year so that we can keep you in touch with up to the minute news and events.

We continually count our blessings in having such wonderful building and grounds, however there is a constant challenge in maintaining them so that the retreat environment continues to be one where retreatants feel supported and cared for. In the early months of 2014 we had to completely overhaul our sewage system which necessitated somewhat noisy excavation works in the area behind the Hermitage wing. Many thanks to all those who stayed in that Wing during this time for their tolerance and understanding of the disruption.

We are continuing to work closely with the Trustees, Teachers and Staff of Gaia House to lay the ground for the plans referred to in



Contents

Regular Articles

A Trustee's viewpoint	pg 4
Retreat in Focus	pg 10
House Life	pg 12
Coordinator round-up	pg 13
Sangha News	pg 17
Regional Retreats	pg 19
London Insight Meditation	pg 20
Sitting Groups	pg 22

Features in this Edition

Insight Meditation Practice by Yanai Postelnik	pg 6
From the Teacher Council	pg 9
Work as Practice by Caroline Jones	pg 14

our Autumn 2013 Newsletter – developing a study programme, outreach activities and building improvements. We are now working with a conservation building consultant to look at the possibilities for ways of improving the house that will enhance the accommodation for retreatants and all those who live and work here. We are determined that all such projects should be undertaken in a way that is true to our ethos and this includes looking at ways in which our plans are funded. We will keep you informed of how things are developing via our regular e-bulletins.

Diana Parratt & Siggie Streat, Co-Directors

Credits

Photography: Gemma Riggs, Jane Knight, Vibeke Dahl

Design & Print:



Kingfisher Print and Design Ltd using inks from sustainable and renewable sources. The paper is 100 per cent post-consumer waste.

It is also chlorine-free and FSC-accredited (www.fsc-uk.org).



www.carbonbalancedpaper.com
CIP0906-14287/1613124

All by-products of the production and printing processes are recycled.



A Trustee's viewpoint

As a retreatant I find Gaia House to be a place of peace and tranquillity, within which I can calm my mind and engage with a more simple, coherent and meaningful reality. This was my single and very comfortable perspective, until becoming a Trustee. Now I am privileged to see and appreciate different aspects of the house. It's truly humbling to observe the great work and energy being invested in creating, developing and maintaining this quiet little haven in Devon. The smooth visible choreography of Coordinators, Teachers and Staff is part of – and the result of – their continual planning, commitment and selflessness. These good people don't just create Gaia House, they are Gaia House.

Over the last few years the Trust has developed and improved its systems of governance, seeking input and counsel from all who have a part in creating Gaia House, drawing on their wide range of views, knowledge and wisdom. Of great significance and impact are the recently developed Trust Advisory Groups: small committees of Teacher(s), Trustee(s), Staff and Co-Director(s). 'Advisory', though, understates their remit. Having grappled with agenda issues, advisory groups recommend courses of action which, occasionally after minor tweaking, have always been agreed and integrated into Trust policy.

Debate in these groups can be dynamic, challenging and informative. Following a proposal to broaden the range of teaching, the Programme Advisory Group initially



grappled with defining boundaries. This was based on identifying – with guidance from members of the Teacher Council – the meaning of ‘Insight Meditation’. Before seeing their response below, why not try to set a definition from your own view point!

We have now invited additional teachers, all suited to the insight tradition, including female monastics. However, with the current programme so successful, and nearly all retreats fully booked, it’s been tricky to squeeze them in.

And that ‘Insight Meditation’ meaning? Responses from the Teacher Council revolved around and expanded the following core ideas...

‘Primary inspiration is from the early teachings found in the Pali Canon, whilst being open to other strands and influences that support

the cultivation of awakening. Through the contemplation of present moment experience, insight practise fosters the development of inner calm, collectedness and the quality of investigation through direct experience. Key elements of the teaching are the threefold way of ethics, meditation, and liberating insight as described more fully in the noble eightfold path. Also key are the three characteristics of existence: impermanence, not self, and unsatisfactoriness, and the cultivation of the 4 Brahma Viharas: loving kindness, compassion, joy and equanimity.’

Of most important note is ‘the Buddha rooted the teaching of liberation firmly within the classroom of our lives.’

Good luck with your own continuing classroom enquiry.

Pete Mallard, Gaia House Trustee



INSIGHT MEDITATION PRACTICE

IT'S NOT ABOUT HAVING A BETTER EXPERIENCE

Yanai Postelnik

What is it that moves you to engage in the practice of meditation?

How many times do we come to our practice hoping to produce a particular inner experience such as calm, peace or tranquility? Given the very real challenges that we all face in living our lives, this is a very understandable human orientation, but it does not offer real freedom.

Jack Kornfield, one of the elders of the Insight Meditation tradition, once observed that we come to a retreat thinking it is like a visit to the store: where we can get some thing we want, but in fact it is more like a visit to the dump: where we can let go of what no longer serves our life and wellbeing.

The Buddha's recognition that this human life is subject to aging, decay and death, led him to seek to understand and realise the fullness of human potential. His question "Why should I who am subject to aging decay and death, seek that which is also subject to aging, decay and death?" is one we could usefully ask ourselves. And he went on to ask "would it not make more sense that I who am subject to aging, decay and death, seek that which is not subject to aging, decay and death...?" MN 26.13

Through his deep commitment to exploring the truth of his life, the Buddha came to understand the experience of Dukkha – suffering, and its relationship to unawareness or ignorance, the not seeing and not understanding the causes of suffering and happiness. He realised the

possibility of inner freedom, a release from suffering through understanding the way things are and aligning our lives with that truth and reality.

Fundamental to his understanding was the seeing of craving and attachment as the cause and conditions for suffering and with that the recognition that letting go is the basis of freedom. This letting go is a deep renunciation of our investment in agency – the idea that we are, or should be, in control of our experience. Renunciation is not a popular concept in Western culture, often evoking a sense of deprivation or suggesting a puritanical rejection of self-nurturing. Correctly understood however, it is the foundation of peace, and freedom. Letting go is what is required to release ourselves from the compulsion of conditioning. From this perspective we can see that so far as there is any way to usefully evaluate our practice, it is not on the basis of our ability to perform a technique or sustain our attention on an object such as the breath, but much more a question of what we are able to let go of, and how deeply we can let go.

We have a strong conditioned view that happiness and satisfaction can be derived through some form of materialism – i.e. getting something.

This materialistic tendency can be seen expressed in three levels of activity directed towards:

- Getting material possessions or controlling material and worldly circumstances: conventional materialism.
- Generating, avoiding or controlling inner experiences: more subtle materialism.
- Becoming someone who we wish to be, or avoiding becoming someone who we do not wish to be: the deeper materialism of craving and attachment with regard to identities and views of self.

If we consider how much of our activity effort and mental preoccupation is concerned with these areas of endeavor, most of us would find it is frequently a large part of what we are engaged with. All this in the conviction that succeeding would bring satisfaction and fulfillment to our life, allowing our hearts and mind to rest. The Buddha pointed out that our habit is to seek stability and satisfaction in the content of our experience – what is happening in and around us, and that it is not capable of offering us this.

Attachment is the way we hold on to an inner position, founded on a belief which is often unconscious and unquestioned, that the arising or the continuation of the wanted thing or wished for experience is absolutely necessary for our happiness. The sense is that getting what we want will finally and permanently resolve the experience of inner lack or unease, and likewise that the presence of the unwanted experience or circumstance is what prevents us from being happy and at peace.

This gives the object, experience or circumstance immense power and holds us in bondage: in thrall we could say, and so we become enthralled with experience. We commonly use this word to suggest fascinated or enchanted, but to be “in thrall” is to be a prisoner and subject to the capricious nature of changing and uncontrollable phenomena. The painful effect of this attachment is the pressure we place on experience, on each other, on the world and on ourselves to conform to our desires and aversions, our preferences and our fantasies.

Letting go means relinquishing our demand that our experiences be different than they are, and deeply questioning our assumption that we are somehow defined by the arising, passing, presence or absence of particular experiences. Becoming aware of our reactions to the experiences of body, heart and mind, and giving ourselves permission to simply notice them, not having to straight away become involved in controlling them, we learn what it means to let things be. Often we can think letting go means the experience should go away – but with those experiences we find difficult, the expression ‘let it be’ is often more useful, as we can easily take the suggestion ‘to let it go’ to suggest that if we are practicing correctly the experience should go away or cease.

To let go of thinking and dwelling does not mean the stopping the minds activity, but no longer investing in the thinking process of the mind as the source of solutions to the suffering or our life. Nor setting up the mental activity itself as the experience which prevents us from being happy and making it into the problem. It is our understanding of the minds activity that transforms it and ourselves, and this understanding arises from watching what happens when we engage in meditation with the conscious intention to be present.

In learning to be aware of, and to not act on the habits and patterns of distractedness, craving and aversion that arise, we can see they are always part of our unconscious investment in building or maintaining a particular sense of self, but do not actually support our wellbeing.

What if we were to look at our practice as not so much an opportunity to get something, or to become someone? Not trying to be a good meditator or become a more spiritual self, but seeing the practice as an opportunity to offer something – to our experience and our world. To not follow the urge to act on the craving, aversion and resistance that arises is not an act of self-deprivation.

“Luminous is this mind, brightly shining, but it is coloured by the attachments that visit it. This unlearned people do not really understand, and so do not cultivate this mind. Luminous is this mind, brightly shining, and it is free of the attachments that visit it. This the noble follower of the way really understands; so for them there is cultivation of the mind.” AN 1.51-52

It brings an immediate sense of relief as the pressure we can place on ourselves begins to fall away, and provides the foundation for offering a sensitive and wholehearted attention to what is immediately here.

In this way the practice of freeing our hearts and minds is one of again and again becoming conscious of what is happening in our heart mind and body, and letting go: letting go of what we think should be happening and opening to what is happening.

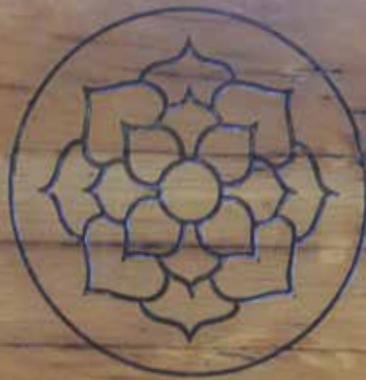
The fundamental understanding for us here, is to see that true happiness and lasting satisfaction are not found via controlling and manipulating our experience. Because all experience is changing and insubstantial, the pursuit of pleasure and avoidance of the difficult are not effective strategies for real fulfillment. Seeing this leads to a growing disenchantment with the content of experience: no longer believing it is the problem or can be the solution.

As our focus becomes disentangled from the particulars of our experience, we naturally come to contemplate the remarkable and inexplicable fact, that this conscious experiencing is happening at all.

What happens if we allow ourselves to be curious about this? To not take this experiencing for granted. To ask perhaps, “what is the nature of this that experiences it all?” We cannot answer this question from the conceiving mind, but if we do not define ourselves by what is happening, nor hold ourselves apart from the process itself, something in the heart opens up.

Whatever our experience may be in any moment, letting go into the truth of it opens us to the touch of the deeper truth, which is vast and open, mysterious and awake. This is the natural quality of the awakened heart-mind, that is not bound to the particulars of momentary experience, but rests in our innate capacity to encompass it all with awareness, understanding and acceptance.





GAIA HOUSE

Meditation ◦ Inquiry ◦ Compassion

From the Teacher Council

For those of you who are unfamiliar with the way the Teacher Council works at Gaia House, we thought it a good idea to provide a brief description of who these teachers are and what they do.

The Teacher Council at Gaia House includes those teachers who are committed to sustaining and developing the retreat programme. Current members are: Christina Feldman, Martine and Stephen Batchelor, Yanai Postelnik, Catherine McGee, Rob Burbea, John Peacock, Caroline Jones and Jenny Wilks. Busy schedules permitting, they meet throughout the year to discuss on-going issues concerning what is taught at Gaia House. Their aim is to ensure that the retreats maintain a consistently high

standard and offer a good balance between different practices. Members also serve on various advisory groups for the Gaia House Trust, thereby providing input into the overall running of the organisation. While working together within the broad framework of Insight Meditation (Vipassana), the teachers within the Council represent a rich background of different approaches to the practice of the Dharma. This diversity is reflected in Gaia House's commitment to nurturing a non-dogmatic and non-sectarian culture of awakening with sufficient common values to support the emergence of a cohesive community of self-reliant practitioners. The Council welcomes any feedback or reflections on your experience at Gaia House.

RETREAT IN FOCUS

Cultivating Community Weekend –
Sitting Group Sangha Weekend; July 11-13 2014

Jenny Wilks and Paul Burrows

All of us involved with Gaia House know and appreciate the benefits of silent retreats and the intensive depth of meditation practice they offer. Yet retreat practice alone is not sufficient to bring the Dharma into all activities in a way that can really transform our lives. We need to integrate ethical inquiry and mindful awareness into everything we do if we aspire to live an awakened life.

But away from the supportive conditions of retreat people often find it difficult to keep up a regular meditation practice or to explore how Dharma practice can inform the rest of life. This is why we need the support of the Sangha, friends and companions on the path, whether in small sitting groups meeting in each other's homes or larger events organised by groups such as London Insight. The Buddha valued Sangha so highly that he listed it as one of the three jewels or refuges, the most precious supports for practice. These are the Buddha – the ideal and possibility of awakening; the Dharma – the teachings and the liberating truth to which they point; and the Sangha – the community of committed practitioners.

With this in mind, Gaia House teachers have in recent years been looking at how we can offer more support to the Sangha. One contribution to this is the 'Cultivating Community' weekend for people who

regularly attend sitting groups and other Sangha activities such as day retreats.

These include meditation practice, short talks, and dialogue about topics relevant to Sangha groups, including diversity, conflict resolution, engaged Buddhism and others depending on the interests of those attending. Perhaps more importantly the weekend is an opportunity to meet with people from other places, share ideas, and cultivate a network of friendships throughout our Sangha.

The next Cultivating Community weekend, July 11-13, will be led by Jenny Wilks and Paul Burrows, both of whom have been involved in Sangha activities in London and Totnes. It would be great to have a wide representation of people from around the country – and perhaps abroad – as we did at the last one. These weekends are subsidised by Gaia House so the retreat cost is just £81; we would also encourage local groups to consider whether they could offer financial support to help some of their members to attend. All who attend local Sangha activities are welcome (not only those who organise events). If you plan to come and there are any particular topics you would like to be covered, please contact Reception at info@gaiahouse.co.uk who will pass your message on to Paul and Jenny.



Introducing Ruth King

We are delighted to welcome Ruth King to Gaia House this summer who will be teaching the Awakening the Boundless Heart retreat, June 28th - July 5th with Catherine McGee.

You can also meet Ruth for an evening of practice in central London on June 27th to embrace the mad mind! See London Insight website for information www.londoninsight.org

Catherine and Ruth met at the International teachers meeting last summer at Spirit Rock, they have been exploring their love of Dharma via Skype since then and are looking forward to offering an exploration of the boundless heart this summer at Gaia House.





HOUSE LIFE

Trish King

I first came to Gaia House as Reception Coordinator in June 2011 and stayed until end of December 2012. This wasn't my first time living and working in a community, but it was my first "spiritual" community and I found it very hard at times. What made it do-able for me was the support from Staff and the other Coordinators as well as the warmth and appreciation received from yogis who come here on personal and work retreats. I came back in January 2014 for a few months to help out in Reception, as there was a vacancy and for the first time in years, there were no applications for the Reception Coordinator job. I was happy to be asked especially since springtime here is so beautiful and as I knew most of the current Coordinators, hoped it would be easy to fit in without too much difficulty- and it was.

There is a diversity of life here, balancing work in Reception, life as one of eight Coordinators living together in our small communal area, having some kind of personal time and keeping up with friends and family. And because we all come at different times of the year, stay from 1-2 years, there doesn't seem to be more than a few months of the same group before someone is leaving and a new Coordinator is welcomed. While it's sad when someone whom you've come to know and become friends with, leaves, most people do go on to new adventures, quite often in India; while having a new Coordinator join us adds diversity, challenge and a freshness to the group. We do work hard to ensure the people who come have a good retreat, but find time to sit in our lounge, have a laugh,

go for walks, go into town to meet up with friends, attend the Dharma talks at night or take a few days off and/or join a retreat. Of course there are times, when some people just need to get away for a few days, and get a taste of what's going on in the world. But I think we tend to enjoy coming back here, to the peacefulness, quiet and often not quiet bird/rook singing, and appreciate what Gaia House is. So while what we offer retreatants, is quiet, peace, meditation, I'm really pleased to say that we Coordinators receive it as well.

I am finishing my second round of living and working here as a Reception Coordinator, in a wheelchair with a bright purple cast on my right leg (see picture above!). One of the lovely things about being at Gaia House is the surrounding countryside and availability of taking walks. Unfortunately, while taking a walk on a nearby hillside, to look at the new lambs, I slipped and broke my ankle in two places, needing surgery and the inevitable cast, just a few weeks before my time here ends.





Pictured Left to Right Back: Pete Hooker, Owen Barnett, Parvati, Jane Knight, Ramiro Ortega,
Pictured Left to Right Front: Maia Tooke, Virginia Kennard, Joanna Oughton and Elena De Paz

Coordinator round-up

A warm welcome to Maia Tooke, who joined the household team in December. Maia has been attending retreats here since 2000 and with her daughter now at university is now realising a long-held dream of giving service as a Coordinator. Maia has taken over from Susanne O'Brien who is now covering the Retreat Manager position whilst Rachel Davies is on maternity leave to look after her beautiful baby daughter, Rose Elizabeth.

Lucy Bennetts took her amazing culinary skills with her as she travelled to India. Thank you to Lucy for her warmth and zest for life. Many thanks also go to Michael Swan who completed a year of service as Reception Coordinator. Michael's compassionate and friendly presence was a valuable support for yogis and he will be remembered for his playfulness 'behind the scenes'. Wishing Michael well as he responds to a Call of the Wild.

Our dear friends Pascal Wick and Trish King both returned to offer their invaluable skills for short periods of service whilst the recruitment

process was under way for the new Kitchen and Reception Coordinators. Our heartfelt thanks go to Pascal for his steady presence in the kitchen and to Trish for her kindness and care with all the demands of our busy front of house.

Joanna Oughton has left her narrow boat in Hertfordshire behind to give service as part of the Kitchen team. Joanna's passion for healthy eating and her skills at incorporating raw food with some of the much loved Gaia recipes are being enjoyed by yogis and staff alike. Welcome Joanna.

The coming months will see more change in the Kitchen and Reception departments, with new Household and Garden Coordinators currently being recruited to start in the summer months. Full information and application packs will be available on the website under 'Working Here'. You are also welcome to call Sarah Abdy on 01626 323881 or email admin@gaiahouse.co.uk if you have further questions.



WORK AS PRACTICE

Caroline Jones



What thoughts and feelings arise when you ponder the word 'work' or reflect on a particular task you have to do? Our experience of engaging in a task is shaped by the meanings, attitudes or views we consciously or unconsciously generate about it. These meanings tend to promote either ease or suffering and so are well worth the effort to understand. When we feel disease (Dukkha), we can inquire into that. What stops you from being intimate with your work? What is pulling you away from this very moment? (Pat Enkyo O'Hara in 'Most Intimate')

As I write this, I am aware of the effects of a

lingering cold. Pausing, I give my attention to being mindful of the body for a few moments; there is relief in coming into direct contact with the unpleasantness. It's just that. I can also sense familiar psychological patterns hovering in the background, looking for a chance to impede the natural flow of reflecting and writing and re-generate themselves: a kind of laziness or disinclination to make an effort; the push to get it done and 'out of the way'; the anxious belief in my inadequacy. Michael Carroll, in his book, 'Awake at Work', names six common confusions that arise in relation to work: we can see it as drudgery, as a war to be waged, as



an addiction to be indulged in, as entertainment, as a set of problems to be solved, or as an inconvenience: "the need to make a living is an unfortunate accident that has happened to me." Recognising the presence of one of these patterns, we can acknowledge and accept it, breathe into the belly a few times, relax the body, and continue with our task. Rodney Smith, in 'Stepping out of Self-Deception', suggests asking ourselves four questions when facing difficulty at work: Can I understand the difficulties without blaming? Is an internal or external change needed? If change is needed, how can I systematically work to make that happen? If I cannot change what I am doing, can I be complete in what I am doing?

What is it like to work in a whole-hearted way? Work, as we know most clearly when we are deprived of it, can also be a tremendous source of meaning and joy, an opportunity to give and receive, a way of belonging. In her newest book, 'Real Happiness at Work', Sharon Salzberg describes some of the ways we can cultivate mindfulness, steadiness and compassion at work, bringing happiness to ourselves and

others. I was invited to write this article partly to encourage you to consider serving as a Coordinator at Gaia House. For me, the 15 months of living and working at Gaia House as a Coordinator provided a kind of 'rocket fuel' for the practice of liberation. The combination of challenge and support created a crucible for transformation and healing. I am deeply grateful to all those with whom I shared that time. You know who you are!

I feel extremely fortunate in the work I have stumbled into. Mine has not been a career guided by clear goals and definite choices, but more by groping along in the dark towards something of ineffable value, hard to put into words, but something to do with serving, healing and creativity. Being able to play a small part in a larger endeavour towards the good has been a saving grace, lifting me, again and again, above narrow concerns and stultifying fears, bringing me back to life.

If you would like to know more about being a Coordinator please contact the Retreat Manager at retreatmanager@gaiahouse.co.uk or 01626 323884.

RESIDENTIAL COORDINATOR VACANCIES



Are you looking to walk your path in a heartfelt way?

Would you like to explore the dynamics of balancing work, service and meditation?

Gaia House offers practitioners the opportunity to work, practice and enjoy community life together in a beautiful, rural location in South Devon. The Coordinators are the bedrock of Gaia House working together with Buddhist teachers to offer a safe, nurturing retreat environment.

Board, lodging, a stipend and a generous amount of time off are some of the benefits available with this special service opportunity. We offer positions working in kitchen, garden, reception, household and maintenance. All Coordinator positions are for a maximum of 2 years therefore positions become available in all our departments on a regular basis. We are currently recruiting for a Garden Coordinator; the deadline is Friday 13th June 2014.

If you would like to know more about working at Gaia House or a particular position please have a look at our website www.gaiahouse.co.uk or contact the Retreat Manager on 01626 323884.



SANGHA NEWS



i-Pledge Bike Ride 2014

Dear meditators! Would you like to join any or all of the 2014 'i-Pledge Bike Ride 2014' from Brighton to Gaia house from 14th to 20th September, helping to 'Put the brakes on climate change?'

Approximately 40 miles per day exploring the beautiful south coast, promoting cycling, and raising climate disruption awareness.

For more details visit
www.theDANCEwebsite.org

To register please email
kirsten@theDANCEwebsite.org

Gaia House Teachers at Gayles Retreat Centre in 2014

South Downs, nr Eastbourne

August 15th – 17th, 2014: Opening to truth – Cultivating Compassion with Kirsten Kratz

November 7th – 9th, 2014: Embodying the Awakened Heart – An Insight Meditation silent retreat with Yanai Postelnik

Contact Details:

Tel: 07721 023 845
info@retreattogayles.co.uk
www.retreattogayles.co.uk

SanghaSeva Retreats

www.SanghaSeva.org

Interconnectedness Weekends:

24 - 25 May, *Sheffield*

22 - 23 June, *Brighton*

12 - 13 July, *London*

These non-residential weekends are an opportunity to combine a day of outdoor meditation in action with a day of silent meditation and reflection.

Bringing positive action and Dharma practice together as an expression of our care and love for the planet, this is also a great way to meet and connect with like-minded people. Facilitated by Zohar Lavie

Being Peace Work Retreat

Israel and Palestine

12 - 26 October

The aim of this retreat is to bring love, compassion, and an openness of heart and mind to a place of pain, suffering and confusion. We will be working with both Palestinians and Jews dedicated to a nonviolent transformation of their lives. Our wish is to bring support and understanding to all those living this conflict and its effects.

Facilitated by Zohar Lavie and Nathan Glyde

Working Towards a Sustainable Future

Centre for Alternative Technology (CAT), Wales, UK

23 - 27 June

This is an opportunity to explore, nourish and express our care for life on Earth and our wish for a more sustainable world.

The vision of CAT is to demonstrate practical solutions for sustainability and to inspire, empower and educate. We will be supporting them in whatever way is needed and will work in their woodlands and/or vegetable gardens.

Facilitated by Kirsten Kratz

Simplicity and Sustainability

Pyrenean foothills, France

Silent Meditation Retreat 4 - 9 August

Work Meditation Retreat 11 - 17 August

An opportunity to work and practice among the oak woodlands of the Pyrenean foothills while supporting the creation of a centre for sensitive spiritual living.

A chance to learn the ecological building skills of straw bale walls and mud plastering, by helping to build an indoor meditation space so that the possibility of practice can extend to the whole year.

Facilitated by Zohar Lavie and Nathan Glyde.

Regional Retreats

OXFORD

- 5 Jul Chris Cullen
27 Sep Rob Burbea
25 Oct Bhante Bodhidharma
29 Nov Kirsten Kratz

Venue: Headington Parish Hall

Time: 10am–5pm, registration from 9.15am

Cost: £10 (£5 concessions)

Contact - Brigid or David on
01608 811940

www.oxfordgaiahousetretreats.co.uk

SHEFFIELD

- 12-14 Sep Residential weekend;
Catherine McGee.
Duke's Barn, Beeley,
Derbyshire.

New Year Retreat Non-residential retreat
in Sheffield with
Kirsten Kratz.

Contact - sghsg2009@gmail.com

www.sheffieldinsightmeditation.org.uk

MILTON KEYNES

- 10-12 Oct Helen Stephenson and
Dr David Brown
The Abbey, Sutton Courtenay, Oxfordshire.
6-8 Mar 2015 Helen Stephenson and
Dr David Brown.

Wistaston Hall, near Crewe, Cheshire.

Contact - info@mindfulnessmk.co.uk
www.mindfulnessmk.co.uk

CAMBRIDGE

- 5 Jul Stephen Batchelor
13 Sep Rob Burbea
22 Nov Yanai Postelnik

Contact - cambridgeinsight@gmail.com
www.cambridgedayretreats.wordpress.com

BRISTOL

- 5 Oct Rob Burbea
15- 16 Nov Kirsten Kratz

Contact - Julia Wallond
julia.wallond@yahoo.com

www.bristolmeditation.org.uk/day-retreats

London Insight Meditation

14-15 Jun

Catherine McGee & Brad Richecoeur
Insight meditation and qigong: awakening
body-heart-mind
King Alfred School

Jun 27

Ruth King
Embracing the mad mind
Lumen URC

Jun 28-29

Yanai Postelnik
Contemplating death: a gateway to
immediacy, love and freedom
Park Crescent Conference Centre

6 Jul

Stephen Batchelor
After Buddhism
King Alfred School

10 Jul

Chris Cullen
Beginners' evening
Wesley Hotel (formerly MIC)

12 - 13 Jul

Zohar Lavie & Nathan Glyde
Joint Sanghaseva/London Insight event.
Earth care weekend
Tower Hamlets Cemetery Park

19 Jul

Maura Sills
The liminal nature of mind
Park Crescent Conference Centre

30 Aug

Paul Burrows
Finding and trusting your own way of
practice
Jamyang Buddhist Centre

27-28 Sep

Ajahn Sucitto
Indestructible heart
King Alfred School

10-11 Oct

Gregory Kramer
Dharma Contemplation: meditating together
with wisdom texts
Park Crescent Conference Centre

16 Oct

Caroline Jones
Beginners' evening
Friends Meeting House (Westminster)

26 Oct

Bhante Bodhidhamma
A day to kick start or rev up a slacking
practice
King Alfred School

1 Nov

Locana (Elizabeth English)
Going deeper with Nonviolent
Communication™ (NVC)
Park Crescent Conference Centre

15 Nov

Christina Feldman
Liberating insights: anicca and dukkha
King Alfred School

16 Nov

Christina Feldman
Liberating insights : anatta
King Alfred School

21 Nov

Stephen Batchelor & John Peacock
The life and times of Siddhattha Gotama:
a dialogue
Friends House (Euston)

22 Nov

John Peacock
The Udāna (Inspired Utterances)
Crossfield Centre

29 Nov

John Peacock and Chris Cullen
Friends House (Euston)

7 Dec

Rob Burbea
Path of the imaginal
King Alfred School

Please register on London Insight Meditation website to receive email updates on these and all other events. New events are added all the time.

There is a network of sitting groups in and around London informally linked with London Insight Meditation, including study groups with particular themes.

Teachers offer personal interviews in London throughout the year.

CONTACT DETAILS:

enquiries@londoninsight.org | 07954 472771 | www.londoninsight.org
www.facebook.com/londoninsight | Twitter: @londoninsight

Sitting Groups

A network of meditation groups has developed throughout the UK and beyond, often set up by people who have spent time at Gaia House and wish to remain connected with this retreat centre and their experiences here.

If you run a sitting meditation group and your name and details are not featured here, please let us know and we can add you to this list and our website. Please also email comms@gaiahouse.co.uk to inform us of any changes to your group's current information.

AVON & SOMERSET

BATH Bath Buddhist Group
www.bathbuddhists.co.uk

BRISTOL INSIGHT Julia Wallond
0797 704 503 julia.wallond@yahoo.com

0117 908 0494 Gordon Adam
gordonadam@blueyonder.com

BRISTOL CHAN enquiries@bristolchan.co.uk
0117 924 8819 Mike Masheder
0117 977 4683 Pat Simmons

FROME Steve Small
01373 467 519 vast.luminosity@ntlworld.com

GLASTONBURY Devin Ashwood
01749 813969 devin@zendesigns.org

TAUNTON/BRIDGWATER Lindy Booth
01278 455830 lindybooth@uwclub.net

WELLS Diana Stewart
01749 672293 diana.m.stewart@hotmail.com

BERKSHIRE

Newbury Susan Millington
07958 574524 millington.susan@gmail.com

BUCKINGHAMSHIRE

MILTON KEYNES Helen Stephenson
01908 538191 info@mindfulnessmk.com

CAMBRIDGESHIRE

CAMBRIDGE Hamish Downer
0796 322 1031 cambridgeinsight@gmail.com

PETERBOROUGH Barbara Reid
01733 252322 peterboroughinsight@gmail.com

CORNWALL

CALLINGTON Sheran & Paul Murray
01579 370142 sheranmurray@hotmail.co.uk

HELSTON Sophie Muir
01326 221651 sophiemuir@freeuk.com

REDRUTH Elaine McCormick
01209 315266 hopefieldceb@yahoo.co.uk

PENZANCE Andy Ferris
01736 719064 aeferris@btinternet.com

ST TEATH Nathalie Green
01208 850949

CUMBRIA

KENDAL John Gerrard
01539 729793 bgkt@etherway.net

DEVON

ASHBURTON Jeremy Woodward
01752 893165 southdevon@westernchanfellowship.org

BARNSTAPLE Denis Lincoln
01271 850321 yewberries@gmail.com

DARTMOUTH Kaye
01803 770027 crystalnomad@hotmail.co.uk

EXETER infobarleyfarm@gmail.com
01392 874386 Anne da Costa
01392 496079 Mary Booker

EXMOUTH Maslen George
07931 537590 maslenged@tiscali.co.uk

KINGSBRIDGE/SALCOMBE Stephen Bellows
01548 842478 stephen.bellows@hotmail.com

PLYMOUTH John Pollex
01752 224902 john@johnpollex.co.uk

TOTNES Andrew
01803 520798 bodatcha@yahoo.com

TOTNES Colin Moore
01803 849137 colinmoore@yahoo.co.uk

TOTNES, SHARPHAM Sharpham Trust
01803 732542 admin@sharphamtrust.org

DORSET

COLEHILL Steve Wilkens
01202 880661 steve.w@metronet.co.uk

POOLE Stuart Dorian
01202 718524 jstuardorian@hotmail.com

WEYMOUTH Barbara Cohen
01305 786821

ESSEX

COLCHESTER Mike McKenna
07729 428970 mmckcol@gmail.com

CHELMSFORD Mary Younger
07850 702640 mary.younger@talk21.com

GLoucestershire

CHELTENHAM
01242 514280
0777 3333949

Ivan Hatvany
ihatvany@aol.com

FOREST OF DEAN
01594 861404

Jane Spray
jane-spray@fiscali.co.uk

STROUD
01453 762838

Kevin Glaister
yogakevin@hotmail.com

HAMPSHIRE

ALDERSHOT
01252 318064

Sarah Wiesendanger

PORTSMOUTH
02392 863266

Brian Attridge
brian.attridge7@ntlworld.com

SOUTHAMPTON

Jilly Cooke
sirdar80@yahoo.co.uk

ISLE OF WIGHT/NEWPORT

Scarlett Felstead
scarlettfelstead@gmail.com

HERTFORDSHIRE

POTTERS BAR
01707 644309

Vanessa Hope
vhope@mindfulnessforhealth.co.uk

LONDON

DULWICH
0208 693 9251

Stella Chapman
stellachapman@yahoo.co.uk

EAST LONDON
07963 144874

Josephine Petersson
eastlondoninsight@yahoo.co.uk

HAM/RICHMOND
0208 789 1992

Gaetan Louis de Canonville

HAMPSTEAD
0781 738 2910

Manu Bazzano & Sarita Doveton
hazymoon@onetel.com

LONDON INSIGHT MEDITATION
07954 472771

Louise Kennedy

MIDLANDS

BIRMINGHAM
0121 420 3268

Anantacitta Tunnell
anantacitta@virginmedia.com

KNOWLE & SOLIHULL
01564 777605

Julia Evans
julia@dfe.co.uk

IRONBRIDGE 2014
07868709163

Edwin
edwingreen@gmail.com

NORFOLK

NORWICH
01603 760776

Sam West
samwest@onetel.com

STOKE FERRY
01366 502106

Carol Hunter
carolhunter135@hotmail.com

NORTH-EAST ENGLAND

HALTWHISTLE
01434 322176

Chris Blain
cblain@onetel.com

TYNE & WEAR / NEWCASTLE
07508 055643

Walter Young
walter@whitleybay.plus.com

NOTTINGHAMSHIRE

NOTTINGHAM
07989 979929

Jake Dartington
jakedartington@hotmail.com

OXFORDSHIRE

OXFORD
01865 249820

Reynold Greenlaw
reynold@alexox.com

SCOTLAND

EDINBURGH
07979 643847

Anne Bulmer
anne_bulmer@hotmail.com

EDINBURGH
0751 925 6489

Diane Tyrer
radiant-essence@hotmail.co.uk

GLASGOW
0141 339 3888

John Fraser
contact@glasgowzen.com

GLASGOW
07849 738411

Grace Boyle
gracenotes_uk@yahoo.co.uk

SUSSEX

BRIGHTON
07717 718385

Jiva Masheder
btbsecretary@gmail.com

EASTBOURNE
07969749829

Roz
info@retreattogayles.co.uk

WALES

CARDIFF
01656 841625

Tim Blanch
blanchtimmed@gmail.com

LLANDRINDOD WELLS
ella@ellatitman.com

Ella Titman

PEMBROKE
01646 681015

Nina Pope
ninapope@btinternet.com

BRIDGEND
07584883520

Neville Evans
evansneville@aol.com

WILTSHIRE

SWINDON
07949 605519

Hugh Carroll
hughie@swindonchan.org

SALISBURY
07766 464048

Henry Gray
mrhenrygray@mac.com

WORCESTERSHIRE

WORCESTER
01905 352065

Sally Dean & Robert Wilkins

YORKSHIRE

SHEFFIELD
01433 631350

River Wolton
sghsg2009@gmail.com

AUSTRALIA

TASMANIA
+ 61(03) 6295 0487
monikaheisswolf@yahoo.com.au

Brian Board & Monika Heisswolf

IRELAND

COUNTY DONEGAL
+ 353 (0) 86 304 2893

Aoife Valley
info@aoifev.com

MALTA

MELLIEHA
+ 356 21520339 or 99277497

Michael & Tess Hoey
michaeljhoey@gmail.com



GAIA HOUSE
INSIGHT MEDITATION IN THE BUDDHIST TRADITION

West Ogwell, Newton Abbot, Devon, TQ12 6EW
info@gaiahouse.co.uk www.gaiahouse.co.uk
+44 (0)1626 333613 Registered Charity No: 900339