



Awareness Through Meditation and Movement

A Weekend Retreat with

Ajahn Jutindharo

**Hill Cottage Retreat Centre
Knighton, Powys, LD7 1PD**

5-7 July 2019

A Weekend of sitting and moving meditations, exploring how we can cultivate awareness in both stillness and movement.

The Retreat

Ajahn Jutindharo has practised and taught meditation for many years, grounded in the **Buddha's teaching of the Four Foundations of Mindfulness**, with a particular emphasis on body awareness.

In recent years he has explored approaches to **mindful movement**: Amerta movement, focusing on the body in movement in the environment, and **Move into Life**, the art of being in movement.

Both approaches, as with some others, can help to lessen habits and patterns, and hence the sense of identification.

Ajahn Jutindharo

Ajahn Jutindharo grew up in Leeds. At university he became interested in meditation and Buddhism, which culminated in a decision to join a Buddhist monastic order in 1987. His monastic life has been spent primarily in Britain, with short periods in Asia.

Since 2007 he has been the senior incumbent at the Hartridge Monastery in Devon. For several years has been studying movement with Sandra Reeve (**Move into Life**) and Suprpto Suryodarmo (**Amerta Movement**) and

Cherionna Menzam-Sills (Continuum). He regularly teaches meditation retreats.

Food, Accommodation and Cost of the Weekend Retreat

Food will be vegetarian and will include a simple shared breakfast of porridge, a main meal at lunch time and a light meal of soup in the evening. Hot and cold drinks will be available during the day. Food allergies and medically required diets will be catered for (details on the booking form). We will provide bedding, bed linen and towels.

- shared twin room @£180 per person (6 places)
- single ladder access crog lofts @£200per person (2 places)
- single room @£220 per person (6 places)

We would ask for a deposit of £70 to confirm your place. Payment can be made in instalments, by agreement, if required.

Generosity or Dana for the Teaching

Retreatants wishing to make an additional donation for the teaching can offer it, at the end of the retreat, for Ajahn Jutindharo

Contact and More Information

For more information or for a booking form please contact Jeremy at info@hillcottageretreats.co.uk