

For a full description of each retreat and a brief biography of the teachers, please visit the [Group Retreats](#) section of our website.

CODE	DATES	RETREAT TITLE	TEACHERS	KEY	RATES				
					ST	SUP	SPON	YP	FAB
18130	18-21 Jan	Making Peace with the Imperfect	Alan Lewis Suvaco	A	£189	£161	£227	£57	£95
18131	25-28 Jan	Origins & Applications of Mindfulness: MBCT / MBSR Foundations	Christina Feldman John Peacock	C & E	£189	£161	£227	£57	£95
18132	1-4 Feb	The Sacred Practice of Grieving and Loving	Suvaco	A	£189	£161	£227	£57	£95
18133	7-11 Feb	Wholehearted Living	Leela	A	£224	£190	£269	£67	£112
18134	16-21 Feb	Meditation and Mindfulness in Daily Life	Martine Batchelor Chris Cullen	A	£280	£238	£336	£84	£140
18135	24-26 Feb	Dana Retreat	Suvaco	A	£32				
18136	2-5 Mar	The Silence of the Heart	Suvaco	E	£189	£161	£227	£57	£95
18137	8-10 Mar	Young Persons Retreat	Jake Dartington Jaya K Rudgard	C	£38	£32	£46		
18138	13-20 Mar	Going Beyond the Inner Critic	Laura Bridgman (Kovida)	A	£392	£333	£470	£118	£196
18139	24-Mar	Meditation Day: Finding Peace in a Changing World	Yanai Postelnik	A & B	£32			£10	£16
18140	28 Mar-2 Apr	The Art of Living Freely	Martin Aylward	A	£280	£238	£336	£84	£140
18141	6-8 Apr	Developing Community Intimacy	Lama Rod Owens	A	£126	£107	£151	£38	£63
18142	13-18 Apr	Insight Meditation and Qi Gong - April	Kirsten Kratz Brad Richecoeur	A	£280	£238	£336	£84	£140
18143	21-28 Apr	Sön Retreat	Stephen Batchelor Martine Batchelor	E	£392	£333	£470	£118	£196

Key: Indicates who the retreat is suitable for, i.e. level of experience needed or where a retreat has specific requirements for attendance.

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.

CODE	DATES	RETREAT TITLE	TEACHERS	KEY	RATES				
					ST	SUP	SPON	YP	FAB
18144	1-May	Meditation Day: Mindfulness, Well-being, and Freedom	Jenny Wilks	A & B	£32			£10	£16
18145	4-6 May	Mahasi Weekend Retreat	Bhante Bodhidhamma Carl Fooks	A & C	£126	£107	£151	£38	£63
18146	4-13 May	Mahasi Nine-Day Retreat	Bhante Bodhidhamma Carl Fooks	A & C	£450	£383	£540	£135	£225
18147	17-22 May	Awakening, Breath by Breath	Jenny Wilks Jaya K Rudgard	A	£280	£238	£336	£84	£140
18148	25-28 May	Freeing Your Heart, Embracing Your Life	Catherine McGee Jaya K Rudgard	A	£189	£161	£227	£57	£95
18149	1-10 Jun	Jhanas and Dependent Origination	Leigh Brasington Mary Aubrey	E	£450	£383	£540	£135	£225
18150	14-19 Jun	Insight Meditation and Yoga Retreat	Yanai Postelnik Helen Stephenson	A	£280	£238	£336	£84	£140
18151	22-29 Jun	Foundations of a Soulmaking Dharma	Catherine McGee Rob Burbea	C & E	£392	£333	£470	£118	£196
18152	2-7 Jul	The Heart of Wisdom and Kindness	Yanai Postelnik	A	£280	£238	£336	£84	£140
18153	10-17 Jul	The Four Immeasurables	Caroline Jones Zohar Lavie	A	£392	£333	£470	£118	£196
18154	21-28 Jul	Secular Buddhist Meditation Retreat	Stephen Batchelor Martine Batchelor	A	£392	£333	£470	£118	£196
18155	1-5 Aug	Journeying the Landscape of Body, Heart and Mind	Kirsten Kratz Yuka Nakamura	A	£224	£190	£269	£67	£112
18156	8-15 Aug	Your Body, Buddha's Body	Catherine McGee Anushka Fernandopulle	A	£392	£333	£470	£118	£196

Rates:

ST = Standard
SUP = Supported
SPON = Sponsor
YP = Young Persons
FAB = FAB Fund

Please see overleaf for further information about our rates.

CODE	DATES	RETREAT TITLE	TEACHERS	KEY	RATES				
					ST	SUP	SPON	YP	FAB
18157	18-20 Aug	Awakening in Daily Life; Cultivating Community	Zohar Lavie	C	£94	£80	£113	£28	£47
18158	23-28 Aug	Living with Illness and Loss	Zohar Lavie	A & C	£250	£213	£300	£75	£125
18159	31 Aug - 3 Sep	Mindfulness: Beyond the Eight-Week Course	Jenny Wilks Jaya K Rudgard	C	£189	£161	£227	£57	£95
18160	7-14 Sep	Mindfulness, Insight, Liberation: MBCT/ MBSR Foundations	Christina Feldman John Peacock Chris Cullen	C & E	£392	£333	£470	£118	£196
18161	18-25 Sep	Untangling the Knot at the Heart of Fabricating "Self" and "Other"	Gregory Kramer Janet Surrey	C & E	£392	£333	£470	£118	£196
18162	28 Sep - 3 Oct	Insight Meditation and Qi Gong - September	Norman Feldman Brad Richecoeur	A	£280	£238	£336	£84	£140
18163	6-11 Oct	Awakening in Stillness and in Movement	Martin Aylward Gail Aylward	A	£280	£238	£336	£84	£140
18164	19-27 Oct	Embodying the Awakened Heart	Yanai Postelnik Leela Sarti	A	£400	£340	£480	£120	£200
18165 18166 18167	1-29 Nov	November Solitary	Yanai Postelnik Kirsten Kratz Suvaco Rob Burbea Jenny Wilks	C & E	Please check our website for pricing information				
18168	3-Dec	Meditation Day: A Deeply Connected Life	Zohar Lavie	A & B	£32			£10	£16
18169	6-9 Dec	The Path of Insight Meditation	Yanai Postelnik	A	£189	£161	£227	£57	£95
18170	13-18 Dec	Awakening Wisdom, Joy and Peace	Jake Dartington Zohar Lavie	A	£280	£238	£336	£84	£140
18171	27 Dec - 2 Jan	New Year Retreat	Kirsten Kratz Suvaco Jenny Wilks	C & E	£336	£286	£403	£101	£168

 Offered in partnership with Bodhi College