

DATES	RETREAT TITLE	TEACHERS	KEY	CODE	RATES (£)				
					ST	SUP	SPON	YP	FAB
24-27 Jan	Dana Retreat: A Path of Peace and Kindness	Yanai Postelnik Gavin Milne	A	20130	48				
31 Jan – 2 Feb	Young Person's Retreat (16-25 years) Wisdom and Compassion	Jake Dartington	C	20131	40	34	48		20
7-12 Feb	Meditation and Mindfulness in Daily Life	Martine Batchelor Chris Cullen Katrin Heyde	A & B	20132	305	259	366	92	153
15-17 Feb	Sustaining our Dharma Communities: A retreat for those involved in community Dharma initiatives and sitting groups	Suvaco Nathan Glyde	C	20133	98	83	118	29	49
20-23 Feb	Embodied Freedom	Leela Sarti	A	20134	198	168	238	59	99
28 Feb – 2 Mar	Inquiring into the Nature of Experience	Alan Lewis Laura Bridgman	A	20135	198	168	238	59	99
6 Mar	Meditation Day: Relaxing into Presence	Gavin Milne	A & B	20136	33	28	40	10	17
10-15 Mar	Nurturing the Compassionate Heart: Moving Beyond the Inner Critic	Jenny Wilks Laura Bridgman Gavin Milne	A	20137	305	259	366	92	153
19-24 Mar	Fully, Fluidly, Freely: A Life of Liberation	Martin Aylward Wiebke Pausch	A	20138	305	259	366	92	153
28 Mar – 4 Apr	Your Body, Buddha's Body	Catherine McGee	A	20139	427	363	512	128	214
8-13 Apr	The Heart of Wisdom and Kindness	Yanai Postelnik Gavin Milne	A	20140	305	259	366	92	153
18-25 Apr	Sön Retreat	Martine Batchelor Stephen Batchelor	E	20141	427	363	512	128	214

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1-3 May	The Silence of the Heart	Suvaco	C & E	20142	132	112	158	40	66
8-12 May	Mahasi Retreat	Bhante Bodhidharma Karen Piggin	C	20143	244	207	293	73	122
16-22 May	The Courage to Belong	Kirsten Kratz Jaya Rudgard	A	20144	366	311	439	110	183
25-28 May	Living with Illness and Loss	Zohar Lavié Nathan Glyde	C	20145	177	150	212	53	89
1-6 Jun	Insight Meditation and Yoga	Yanai Postelnik Helen Stephenson	A	20146	305	259	366	92	153
10-17 Jun	Between Eden and the Abyss	Rob Burbea Catherine McGee	C & E	20147	427	363	512	128	214
20-25 Jun	Dharma, Body and Connection to Earth	Anushka Fernandopulle Bonnie Duran	A	20148	305	259	366	92	153
7-14 Jul	Practising Wisdom and Compassion in Turbulent Times	Chris Cullen Jaya Rudgard	A	20149	427	363	512	128	214
18-25 Jul	Secular Buddhist Retreat	Martine Batchelor Stephen Batchelor	A	20150	427	363	512	128	214
29 Jul – 5 Aug	Insight Dialogue and Spiritual Friendship	Phyllis Hicks Janet Surrey	E	20151	427	363	512	128	214
8-12 Aug	Living Dharma - First of a series of retreats with in-between online support	Jaya Rudgard	A	20152	244	207	293	73	122
18-21 Aug	Family Retreat	Zohar Lavié Gavin Milne	C	20153	Please see website for rates				

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25-31 Aug	Fearless Living	Martine Batchelor Gina Sharpe	A	20154	366	311	439	110	183
4-7 Sep	Work Retreat: Work is Love made Visible	Suvaco	A	20155	66				
11-18 Sep	Mindfulness, Insight, Liberation: MBCT/MBSR Foundations	Christina Feldman Chris Cullen	C & E	20156	427	363	512	128	214
22-27 Sep	The Poetry of Self, The Poetry of Not-Self	Kirsten Kratz Yuka Nakamura	E	20157	305	259	366	92	153
1-6 Oct	Yoga and Meditation: Awakening in Stillness and in Movement	Martin Aylward Gail Aylward	A	20158	305	259	366	92	153
10-13 Oct	Abiding with a Heart Imbued with Love	Catherine McGee	A	20159	198	168	238	59	99
17-25 Oct	Embodying the Awakened Heart	Yanai Postelnik Leela Sarti	A	20160	488	415	586	146	244
29 Oct	Meditation Day: How is Peace Experienced?	Laura Bridgman	A & B	20161	33	28	40	10	17
1-29 Nov	November Solitary	Christina Feldman Yanai Postelnik Kirsten Kratz Suvaco	E	20162 20163 20164	Please check our website for pricing information				
4-7 Dec	The Path of Insight Meditation	Yanai Postelnik Gavin Milne	A	20165	198	168	238	59	99
11-17 Dec	Metta and Insight	Zohar Lavié Nathan Glyde	E	20166	366	311	439	110	183
28 Dec – 3 Jan	New Year's Retreat 2020	Kirsten Kratz Jaya Rudgard Suvaco	E	20167	366	311	439	110	183

Rates:

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

Key:

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

*Please see our website for details of specified criteria for attendance.