ASPECTS OF LIGHT

MINDFULNESS RETREAT

LEARN HOW TO ACCESS THE TRUE POTENTIAL WHICH LIES WITHIN

All are welcome to this residential retreat. Priority will be given to students of the School of Philosophy.

The programme will include the study of living mindfully and meditation, singing, art, connecting with nature, and craft activities.

NANPANTAN HALL

Nanpantan Road, Loughborough, LE11 3YF

4 nights £240 (School of Philosophy students) £340 (non-Students) or £30 per day (without overnight stay) to include all food (vegetarian)

Come for part or all of the retreat

From 4.00 pm Sunday 20 August to ll. 00 am Thursday 24 August

School of Philosophy and Economic Science

Charity numbers 313115 and SC039950

Nanpantan Hall in the Charnwood Forest

Nanpantan Hall is set in 31 acres of charming gardens and grounds within the Charnwood Forest. There will be time to explore the landscape that inspired a young David Attenborough, boasting dormant volcanoes, fossils, amazing wildlife, and beautiful views.

THE PROGRAMME

The programme will include meditation and study in groups. We will be considering how real happiness and peace of mind can be discovered and how we may experience the true light of our inner being. There will be opportunities to implement mindful practices through activities such as bread making, art, music and connection with nature.

"So, how do you attain happiness? By allowing your mind to go back within yourself and rest in your heart. Happiness is your Divine nature. Happiness is what you are. Yet you can only know this when your mind is quiet and peaceful and still. At that time it makes no difference what's going on in the world, You will be happy, blissful, peaceful' Robert Adams

You will be part of a community, living mindfully, preparing food and running the house; with plenty of time and opportunity to ask questions from others and of yourself.

ACCOMMODATION

Accommodation is either in single or twin-bedded rooms. There are 16 ensuite bedrooms and 10 bedrooms which share large wash/shower rooms. Ensuite and single bedrooms are available on a 'first come, first served' basis.

Please bring your own bed sheet, duvet cover, pillow covers and towels. Alternatively, you can hire a bed-set and towels for £15.

To secure a booking please:

1. register by emailing *michaeljs@fses.org*._if you are a student of The School of Philosophy, please state your name, branch and tutor's name.
2. Make a payment of £240, or £340 for non-students. Day attendees £30.00/person per day by arrangement.

via BACS Nat West sort code 60 40 05 a/c no 41414721 with reference 'Aspects of Light,' or send your cheque payable to 'School of Philosophy and Economic Science' to M Snow, Spriggs Farm, Water End, Ashdon CB10 2NA

Looking forward to seeing you!

Contact Michael and Lyn Snow at michaeljs@fses.org
or call 01799 584156, or 07867 8028334.

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