



CLARIDGE HOUSE HEALING CENTRE



LOVINGKINDNESSRETREAT

with Anne Simpson

August 22nd – 26th

This meditative retreat will focus on the Buddhist practice of Loving Kindness, incorporating techniques and practice of Mindfulness. It is intended that much of the retreat will be silent to benefit from the blessings of these practices taught by the Buddha as part of the path way to enlightenment. h-

Anne Simpson, who will be leading this midweek retreat is a Registered Homeopath and Quaker Healer who regularly facilitates meditation courses and workshops.

It will be held at Claridge House, a Victorian building with disabled access set in beautiful gardens in the Surrey countryside.

The retreat starts at 4 pm Monday with tea and cake, and ends on Friday after breakfast.

The meals are vegetarian, based on organic produce.

Vegan and certain diets can be catered for with advance notice.

Pay £295 for retreat, accommodation and meals.

New for 2011 -

Pay £175 for retreat and meal only.

Claridge House, Dormans Road, Dormansland, Lingfield, Surrey, RH76QH

T: 08453457281

W: www.claridgehousequaker.org.uk E: welcome@claridgehousequaker.org.uk

Reg. Charity no 228102.