

Creative Weekend at Amaravati

Friday 1st - Sunday 3rd November 2019



Grounding in Being

This year's theme will be "Grounding in Being", exploring how we can settle into full body awareness through relaxing into sensations of gravity and weight, and from there, open up to a sense of flow and embodied space, in the present moment.

We will offer devotional pūjās and ways of exploring and reflecting on the theme individually and in the group. This will include periods of guided and silent meditation to strengthen present moment awareness, and also moving, painting etc. and the contemplation of Buddhist teachings.

We ask all participants to follow the 5 Precepts and take refuge in the Triple Gem.

Part of the weekend will be held in silence.

The Creative Weekend is open to anyone who is 18 or over. You are requested to participate for the duration of the weekend.

There is no charge for attending retreats at Amaravati. However, to meet the running costs of the retreat centre and for supplying art material, we do rely on the generosity of those attending. Previous retreatants will have made a donation, enabling others to attend. As a guideline the costs for running the Creative Weekend are approx. £70 per person for the weekend. Any donations are anonymous and entirely voluntary, participants are invited to give whatever they are able to offer.

All participants will be asked to help with some meal preparations.

For more information and booking, please visit family.amaravati.org

or contact Joy Oscroft <joy.love@virginmedia.com>