



LONGCHEN FOUNDATION

Welcome to the Path of Freedom

2017 Retreat - *Confidence and Heart Wish*



with Andrew Patching

June 5th 6pm – June 11th 9am

Carmelite Priory, Chilswell, Boars Hill, Oxfordshire OX1 3HB

This taught retreat, at the beautiful Boars Hill Priory, just outside Oxford, is a wonderful opportunity for beginners and regular meditators alike. After we have settled in together on Monday evening, Andrew Patching will lead the retreat from Tuesday morning.

*The purpose of the retreat is to experience **Confidence and Heart Wish**, for the benefit of others.*

The retreat is not wholly silent. There will be periods of silence, sitting meditation, and walking meditation. The teacher will explain how to do this, as well as how and why we behave during a retreat. There will be time for discussion and feedback.

Accommodation is in individual or twin rooms, fully catered for six nights.

Cost is £400 full price / £380 early bird, and £340 full price / £320 early bird per person if sharing a twin room. The teacher receives no payment, so offerings are welcome. We suggest £20-£50.

Please book early, to avoid disappointment. To make a booking, please go to: <https://www.eventbrite.com/e/path-of-freedom-retreat-gb-tickets-31393105624>

If you have difficulty booking, or other enquiries, please email Colette at pof@longchenfoundation.org