



Joyfully Together

*Fri 10th – Sun 12th April 2015
At Chagford, Devon*



A WEEKEND TO RELAX AND ENJOY OUR MINDFULNESS PRACTICE

This retreat is organised by the Westcountry Sangha of The UK Community of Interbeing. The emphasis will be on friendly and supportive practice together, with meditation, chanting, outside walks, silent practice and mindful sharing in the tradition of Zen Master Thich Nhat Hanh. It is suitable for all levels and an ideal introduction for beginners. Although weekend attendance is encouraged, Sunday only attendance is also possible (see below).

The cost for this retreat is **£80 per person** (£60 unwaged).

The fee includes accommodation in shared bedrooms (2-3 people sharing) and vegetarian/vegan meals (bring lunch to share for Sunday). Booking is on receipt of full payment only. Please use the form below. Places are limited, so early booking is strongly advised. The retreat will start from 4pm Fri 10th April and finish around 4.30pm on Sun 12th April. Details and directions will be circulated to participants in advance. All enquiries should be made, preferably by email, to: **Martin Pitt** eaglehurst@talktalk.net (or by post: - *Eaglehurst, Mill St, Chagford, Devon TQ13 8AR*)

DAY PARTICIPATION: The retreat is organised as a coherent weekend event, however day participation is welcome on Sunday 12th April which will incorporate the Westcountry Sangha's Day of Mindfulness. Recommended donation made on the day for Sunday only participation is £5-£15.

To book, complete the booking slip below and return together with cheque payment to –

Martin Pitt, Eaglehurst, Mill St, Chagford, NEWTON ABBOT, Devon TQ13 8AR.

Bookings will be made on receipt of full payment only and confirmed by email. (80% refunds will be given for cancellations made at least ten days before the event).

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BOOKING FORM:

Please reserve _____ places for me at the Joyfully Together retreat (10th-12th April 2015)

I enclose a cheque for £ _____ made payable to '**M.A.Pitt**' at £80 per place (£60 unwaged).

Name/s: _____ Today's Date _____

Address: _____

Tel: _____ Email: _____

Send form and payment to -

Martin Pitt, Joyfully Together Retreat,
Eaglehurst, Mill St, Chagford, NEWTON ABBOT, Devon TQ13 8AR.



WEEKEND RETREAT INFORMATION - JOYFULLY TOGETHER
at EAGLEHURST/BAREFOOT BARN, CHAGFORD, DEVON
on FRIDAY 10th – SUNDAY 12th APRIL 2015

ARRIVAL AND DEPARTURE:

Please arrive at Eaglehurst from 4pm Friday 10th April (travel directions are given on the Barefoot Barn website – www.barefootbarn.org) . Limited parking is also available at outside Eaglehurst – please reserve this if required. This will give time to settle in etc. There will be tea and refreshments available. Supper will be served at around 7pm followed by Orientation and Evening Practice at 8.30pm. The retreat will finish at around 4.30pm on Sunday 12th April.

COST:

The price of the retreat is 80 pounds (£60 low and unwaged). This includes two days accommodation in shared bedrooms, breakfasts, evening meals and lunch on Saturday. Participants are asked to bring vegetarian food to share for Sunday lunch. Payment should be made asap and posted to *Eaglehurst, Mill Street, Chagford, Newton Abbot, Devon TQ13 8AR*. Places are limited and will be allocated on a first-come first served basis, so early booking is strongly advised. For nearby participants who can attend on a non-residential basis the fee is £50 for the full weekend (meals included as above).

FOOD:

Vegetarian/vegan food will be provided for breakfast, suppers and Saturday lunch. PLEASE BRING LUNCH TO SHARE FOR SUNDAY. Fridge space is available at Eaglehurst and in the Barefoot Barn to store food.

ACCOMMODATION:

This will be in shared bedrooms (up to 3 sharing) in Eaglehurst. Please bring two single sheets, pillow slip and towel to avoid laundry (these can be supplied at an extra cost of 3 pounds). Camping at a reduced rate may be possible (please enquire).

THINGS TO BRING:

Please bring copies of the Plum Village Chanting book (if you have one). Items to decorate the meditation shrine (flowers etc) and ancestor's shrine (photos) are welcome. Musical instruments and any readings/poetry you may wish to share. Meditation cushions are available at the Barefoot Barn although if you have a favourite cushion or stool you may wish to bring it. Good walking shoes and outdoor waterproofs. Your favourite herbal teas etc. to share. Food to share for Sunday lunch.

DAY PARTICIPATION:

The retreat is organised as a coherent weekend event, but it also incorporates the Day of Mindfulness on Sunday 12th April and participation is welcome for those who can attend for just the Sunday. Please aim to arrive by 9.30am. Payment for Day of Mindfulness only participation is £5-£15 donation given on the day. Please bring lunch to share.

QUERIES:

Contact: Martin Pitt by email: eaglehurst@talktalk.net
or by post : *Eaglehurst, Mill St, Chagford, Devon TQ13 8AR*.