

# Meditation Day Retreat

## Matara, Tetbury

**Date:** Sunday 14 April 2019

**Time:** 9.30am to 4.30pm

**Cost:** £85 early bird if paid before 4 April;  
thereafter £95

**Tutors:** Claire Seabrook & Kathryn Buxton

**Lunch:** Bring a vegetarian lunch to share  
Tea and coffee provided



*We're delighted to welcome you to a peaceful meditation retreat at the lovely Matara Centre near Tetbury.*

With its restful Zen gardens and interiors, Matara is a beautiful setting for a day's meditation retreat.

The retreat will consist of varied sitting and walking meditations, indoors and in the grounds.

There will be an opportunity after lunch for your own personal time to enjoy the gardens. Claire and Kathryn will be available at this time for one to one chats about your meditation practice, if you wish. Space will be available for those wanting to spend their free time in silence.



### Plan of the day (subject to change)

9.00-9.30 *Arrival and registration*

9.30 -10.00 *Tour of house and gardens  
Introduction to the day*

10.00 – 10.30 *Sitting Meditation*

10.30 – 11.00 *Walking Meditation*

11.00 – 11.20 *Tea break*

11.30 – 12.00 *Sitting Meditation*

12.00 - 12.30 *Walking Meditation*

12.30 – 1.00 *Sitting Meditation*

1.00 – 2.30 *Lunch and free time*

2.30 – 3.00 *Sitting Meditation*

3.00 – 3.30 *Walking Meditation*

3.30 – 4.00 *Sitting Meditation*

4.00 – 4.30 *Afternoon tea and reflection*

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## Frequently asked questions

*I can't switch off my thoughts: can I meditate?*

One of the biggest misconceptions about meditation is that you are emptying your mind of any thoughts. That's virtually impossible, especially when you are new to meditation. The aim is rather to notice when your mind wanders, as it inevitably does, and then gently come back to your practice without judging yourself.

*Will the day be in silence?*

This is a day for being with yourself and to experience a healing time away from the pressures of everyday life, so the day will be mainly in silence to help you make that peaceful connection.

*I'm new to meditation; can I come on this retreat?*

Yes. All the meditations are guided, and Claire and Kathryn will offer time over the lunch break for anyone who would like individual support.

*Where is the venue?*

Matara is only 30 minutes from Cheltenham if you use the M5 motorway. Alternatively you can travel via Stroud which will take about 15 minutes longer. Please go to the Matara Retreats page <https://www.claireseabrook.co.uk/day-retreat-at-matara.html> for a map.

*I have another question ...*

Have a look here:

<https://www.claireseabrook.co.uk/blog/retreats-your-questions-answered>

Or email me: [clairemseabrook@gmail.com](mailto:clairemseabrook@gmail.com)

