

# Meditation Day Retreat

## Matara, Tetbury

**Date:** Sunday 29 April 2018

**Time:** 9.30am to 4.30pm

**Cost:** £85 early bird if paid before 12 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 to observe thoughts and then bring your attention back to your breath. Then when the mind wanders, as it inevitably does, you label your thoughts gently as 'thinking' and come back to the breath. As you become more skilled you are then able to recognise the kinds of thoughts you have, for example, planning mind, critical mind, angry mind, but always returning to the breath without judging or criticising yourself.

### *Will the day be in silence?*

The day will mainly be in noble silence. This is a day for being with yourself and to experience a healing time away from the pressures of everyday life. So some parts of the day will be in silence. We ask that the Meditation Room (where the sitting meditations take place) be a place of silence after the initial introductions.

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

Yes. Claire and Kathryn will set aside some time in the morning and afternoon for anyone new to meditation to offer guidance and support.

### *Where is the venue?*

Matara is only 30 minutes from Cheltenham if you use the M5 motorway. You can travel via Stroud but it 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>

