

Deepening into the Heart of Practice



A Five-Day Silent Mindfulness Retreat

April 28th - May 3rd 2020

With Barbara Hussong and Chantek McNeilage

We offer the opportunity for anyone who has completed the 8-week MBSR/MBCT course to refresh and deepen your mindfulness practice in a residential retreat. For teachers, this retreat fulfils the **UK Network's Good Practice Guidelines** requiring a commitment to attending an annual retreat.

When: Tuesday April 28th - Sunday May 3rd 2020.

Arrival from 4:00 pm with supper at 6:00 pm - Sunday ending at 4:00 pm

Where: Emerson College, Forest Row, East Sussex, RH18 5JX

Emerson College is a beautiful, leafy campus with tranquil surroundings situated in extended grounds on the outskirts of Forest Row, East Sussex. We will have a separate house for our group room and a separate dining room. The wholesome food is vegetarian with vegan and gluten free options. The accommodation is in single rooms with a basin, shared toilets and showers. The Centre is 10-minutes by taxi from East Grinstead Station, which is one hour from London Victoria or London Bridge Station.

www.emerson.org.uk

Fee: £585 (includes teaching, accommodation and meals; concessions available)

To Apply: Please return the attached application form, with an £85 deposit. The balance of the full fee is due by March 20th 2020. Places are limited so early application is recommended.

The Retreat:

Beginning with our first evening session we will explore together what is at the heart of our own understanding of practice. How does it manifest, what is our felt sense of it and what is central in it? What would be a helpful, supportive way to extend and deepen our practice, and develop heartfelt attention? We will also open to exploring our resistances and what preoccupations and challenges hinder the deepening of our practice.

Over the following days we will explore various forms of practice together. Some will be guided and include movements, but most of the practices will be silent sitting and walking meditations. When we settle into this rhythm of silent practice and are supported by the silence, we can then allow ourselves to listen deeply and 'be with' whatever arises. This way we get in touch with our innate wisdom and connect with our centre, our heartfulness, which allows a kind and compassionate attitude within ourselves to arise and gives us a sense of coming home.

Through practising like this together in beautiful surroundings, for an extended period of time, we open to a greater sense of connection with the spaciousness within us and around us. This will enable us to respond from our core to our lives beyond the retreat with a deepened sense of grounded-ness, kindness and compassion.

The retreat leaders will offer talks and individual meetings to support your practice and inner inquiry. On Sunday afternoon we will end the silence and have the opportunity to share our experiences with each other.

We look forward to being together with you on this retreat, to go deeper into the heart of our practice, to relax and trust whatever comes up and enjoy ourselves.

The Teachers:

Barbara Hussong has been a student and teacher in Zen and Tibetan Buddhist meditation and Tai Chi Chuan for over 30 years. For several years she devoted all her time to meditation practice before training as a psychotherapist in the UK 25 years ago. Since then she has worked in private practice with individuals presenting with a wide range of problems. She trained in mindfulness-based approaches at CMRP at Bangor University in 2005 and began teaching the 8-week course to individuals and small groups in 2006 in Kent. Barbara provides supervision for mindfulness teachers and continuing support for mindfulness students following the 8-week course in form of monthly group meetings, offering day retreats and teaching the 8-week Mindfulness-Based Compassionate Living course. In the past she has co-led silent retreats together with Cindy Cooper. She finds mindfulness invaluable in learning to be with pain, difficulties and change in her own life and appreciating its richness.

Chantek Mary McNeilage has been practising and studying meditation, movement and contemplative traditions since the late 1960's which includes Buddhism, Vipassana, Zen and Sufism, esoteric Christianity, yoga and sacred movement. She has a background as a practitioner in complementary healthcare since 1977. Chantek's training is via CMRP – Centre for Mindfulness Research and Practice, Bangor University from 2006. Alongside the group teaching and a monthly practice group, she has been teaching one-to-one, Distance Learning, and is a supervisor with the Mindfulness Network. Chantek has been co-leading retreats for CMRP and with colleagues. Over the last few years she has enjoyed and been enriched by working within schools with teachers and children. Chantek has completed the teacher training in MBCL/Mindfulness-Based Compassionate Living. She is also engaged in running mindfulness courses in the Botanic Gardens, Cambridge. For Chantek becoming mindful is a way of life, offering a way to come into relationship with all that life offers.

Cancellations: In the event that you have to cancel, the full fee minus the £85 deposit will be refunded for cancellations received by March 20th. For cancellations after March 20th, 50% of the full fee minus the deposit will be refunded, unless your place can be filled, in which case you will be refunded the full fee minus the deposit.