



Retreats

Discovering Enough-ness

Practices of Resourcing & Resilience

One Day Online Mindfulness Retreat

Sunday 16th October 2022 ~ 10am – 4.30pm

Guided by Chantek McNeilage & Gwennie Fraser

We have the pleasure of announcing and inviting you to attend this day of online retreat and reflection.

As we move into Autumn, this day of retreat will offer a particular emphasis on '*Discovering Enough-ness*'.

Over this day we will actively explore together what it means to support ourselves towards a sense of greater sufficiency in our lives.

In nature, the Autumn season gathers vital energies and resources to carry life forward through Winter and into Spring.

Through practice and reflection, we open to the questions of our needs.
What is enough to nourish and sustain ourselves in these times?

We will explore how practice can support resilience through caring attention, patience, and a grounded simplicity, to nurture steadiness and balance, in the midst of all, that life is demanding.



Retreats

Peace Within

Two-Day Online Mindfulness Retreat

Friday evening 18th – Sunday afternoon 20th October 2022

Guided by Chantek McNeilage & Gwennie Fraser

We have the pleasure of announcing and inviting you to attend this 2-day online retreat, offering the opportunity to practice together, supported by guided meditations, movements, readings and sharing.

There is a place of peace within us all. In the midst of, challenges in ourselves and in the world around us, it is often difficult to return to this field of quiet inside.

Over these two days, we will have time to deepen our practice and resource ourselves. We will experience together a mix of practices enabling us to access and open into a more peaceful state of being.

The practices will be lightly guided allowing us to touch into our own inner inquiry and embodied grounded connection.

Each day there will be a talk or theme given by one of the facilitators and a time to share your experience.

<https://www.becomingmindful.co.uk/retreats/>



Retreats

Wintering Well

One Day Online Mindfulness Retreat
Sunday 11th December 2022 ~ 10am – 4.30pm

Guided by Chantek McNeilage & Gwennie Fraser

We have the pleasure of announcing and inviting you to attend this day of online retreat and reflection.

As we settle into this Winter season, this day of retreat will offer a particular emphasis on 'Wintering Well'.

Over this day we will actively explore together what it means for us to tend to our energy and resources and protect our inner reserves.

In nature there is an adjustment of activity, a drawing in towards stillness, conserving and nurturing core reservoirs.

Slowing down in even small ways, we can also adjust our pattern of activity to build an inner narrative of care.

Through practice and reflection, we open to the questions of how we cultivate restfulness and resilience through the Winter months.

What allows enough space to drop into stillness, and consider what may conserve, and actively nourish us in these times?

We will explore how practice can support our essential maintenance and help us stay with what matters most and discover what gifts winter can bring.



Retreats

Three Day In Person Retreat 2023

Thursday 20th – 23rd April 2023

*Emerson College
Forest Row, East Sussex, RH18 5JX*

A beautiful, leafy campus with tranquil surroundings situated in extended grounds on the outskirts of Forest Row, East Sussex.

www.emerson.org.uk

More details coming soon...

Please do get in touch if you have any queries

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