

Retreat Days

10.30 - 16.30
Golders Green Meeting House
NW11 7AD

These will be held on the following Saturdays in 2018

September 29
November 3
and Thursday November 29

The days are open to anyone who welcomes the opportunity to spend a day in silence, simply BEING in nurturing surroundings.

As well as being a beautiful building, Golders Green Meeting House is situated on the edge of ancient woodland.

Apart from checking in together at the beginning and feeding back at the end the whole day will be spent in silence, including the lunch break. Participants are welcome to walk in the adjacent woodland.

Please bring with you any reading material you might find helpful. You may want to prepare by reflecting in advance on what you would like to glean from the day.

Please bring a lunch item to share or a packed lunch and any speciality drink you prefer. Tea/coffee and biscuits will be provided throughout the day. A donation of £10 is suggested towards the costs of hiring the meeting house for the day.

Public transport is via the Northern Line to Golders Green and then a 20 minute walk or the H2 bus from outside the tube station. There is unlimited free roadside parking.

Enquiries to Harry 07770 772939
Jean 07826 101454

