

Day retreat

Sunday, 22 June, 2025, 10.00- 16.00

Hutton Village Hall

10.00 - 10.30	Arrival. Coffee
10.30 - 10.45	Welcome. Sitting meditation
10.45 - 11.00	Walking meditation
11.00 - 11.30	Guided meditation: five elements
11.30 - 12.15	Walking with mindfulness of colour
12.15 - 12.45	Guided meditation: Adyashanti
12.45 - 2.00	Lunch
2.00 - 2.15	Sitting meditation
2.15 - 3.15	Yin yoga
3.15 - 4.00	Feel free to bring a reading / poem to share. Reflections on the day
4.00	Close

To book a place on this retreat please email: [**joyce.miller46@icloud.com**](mailto:joyce.miller46@icloud.com)

As always, you are free to join in whichever session you choose or to engage in private practice.

You can arrive late and leave early: we ask only that you practise consideration towards others.

If you plan to take part in the yoga, please bring a mat, blanket(s) and a bolster, if possible. Some spares will be available. You will also need to bring your own lunch if you're staying all day.

Contributions to light refreshments will be most welcome but please take home any left-overs.

The cost of renting the hall for the day is £83. Donations will be gratefully received.