

World Community for Christian Meditation in the UK

Essential Teaching Weekend

Amerdown, Somerset

7-9 May 2021

Have you been meditating in the John Main tradition for more than a year? Do you feel you would like to grow in your understanding of your meditation practice and be more confident about passing it on to others? An Essential Teaching Weekend is designed as a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

The style of the weekend is relaxed and will take place at The Ammerdown Centre, a tranquil setting in the heart of the beautiful Somerset countryside, just 12 miles south of Bath. The comfortable accommodation is all ensuite. The weekend is subsidised by the UK Community and includes all accommodation, meals, and talks.

Cost £175 per person

**For more details, information about bursaries
and an application form please email:**

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or call the UK office on 020 8280 2283