

School of Meditation

The School's Silent Retreat



The School Retreat is a six day residential opportunity suitable for people who have begun to integrate the John Main tradition of meditation into daily life. Retreat leaders will assume that participants are familiar with the Essential Teaching of John Main as they lead you into seven periods of meditation each day. Supporting the periods of meditation are short talks, lectio divina and regular one to one opportunities to talk with the group leaders. The retreat offers the profound and integrated experience of solitude with fellowship. It is an opportunity to enter into the heart of the tradition taught by John Main.

Whalley Abbey, Whalley, Clitheroe BB7 9SS

Saturday 17th to Friday 23rd September 2022

Led by Alex Holmes and Joanne Caine

Whalley Abbey is set in stunning grounds amidst the ruins of a 14th Century Cistercian Abbey. It has been a place of prayer and retreat for over 800 years, on the banks of the River Calder in the heart of the beautiful Ribble Valley.

Cost per person inclusive £630

Bursaries to help with the cost of attending this retreat are available. Please ask.

For an application form please email ailsa.adamson@gmail.com

Or call the UK office on 020 8280 2283

Registered office: The Lido Centre, 63 Mattock Lane, London, W13 9LA Registered Charity Number: 1189977