



QUIET DAY

WCCM in South East Wales

Saturday October 14th

**Establishing peace in ourselves – being places of peace for
the world**

The day will be led by Chris Whittington – an experienced meditator who was introduced to contemplative practice when he was in Benedictine formation, after which he studied at the Dalai Lama's monastery in India. Chris regularly delivers talks, workshops and retreats across the UK. Prior to establishing the School of Contemplative Life, Chris was COO at the WCCM.

Ty Mawr Convent, (Michelgarth) Lydart,

Monmouth NP25 4RN

10.00 a.m. for 10.30 a.m. till 3.30 pm

Suggested donation £10

Drinks will be provided but please bring a packed lunch

For further information contact Diana Morgan

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