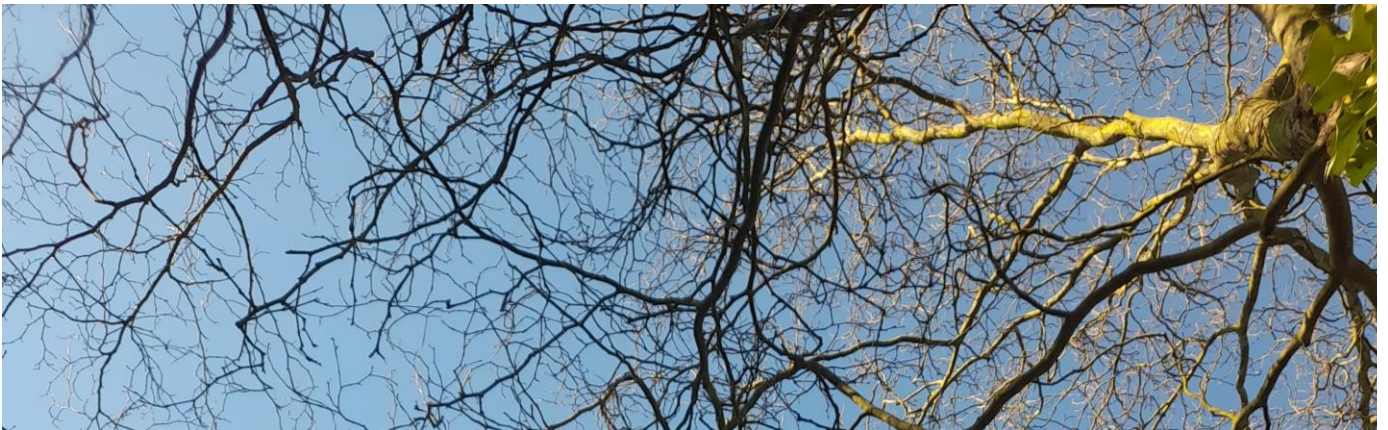


# 4 Day Silent Retreat



This residential Silent Retreat has been designed as a “stepping stone” experience for those who may have considered the 7 Day Silent Retreat, but who are unsure of committing to a full week of silence. The format will be identical to the 7 Day Silent Retreat. Each full day will include a short talk by the retreat leader, a 1-2-1 meeting, lectio divina, contemplative walking, 7 periods of meditation, and space for personal rest and reflection. The first and last days will include some of these elements, too.



House of Prayer, 35 Seymour Road,  
East Molesey, KT80PB

19-22 November 2024

led by Mark Ball & Sandie Cutts

The cost per person for this event is £299, and includes en-suite accommodation and vegetarian food.

For an application form, or for more information, contact Ailsa Adamson:

E: [ailsa.adamson@gmail.com](mailto:ailsa.adamson@gmail.com) M: 07846476545