

Mindful Meditation Retreat at St. John's College, Oxford

Friday 30th August – Sunday 1st September 2024

Workshops with Jacci Bulman (Dip. d. Y. Th., CMT, B.A. (Hons)).



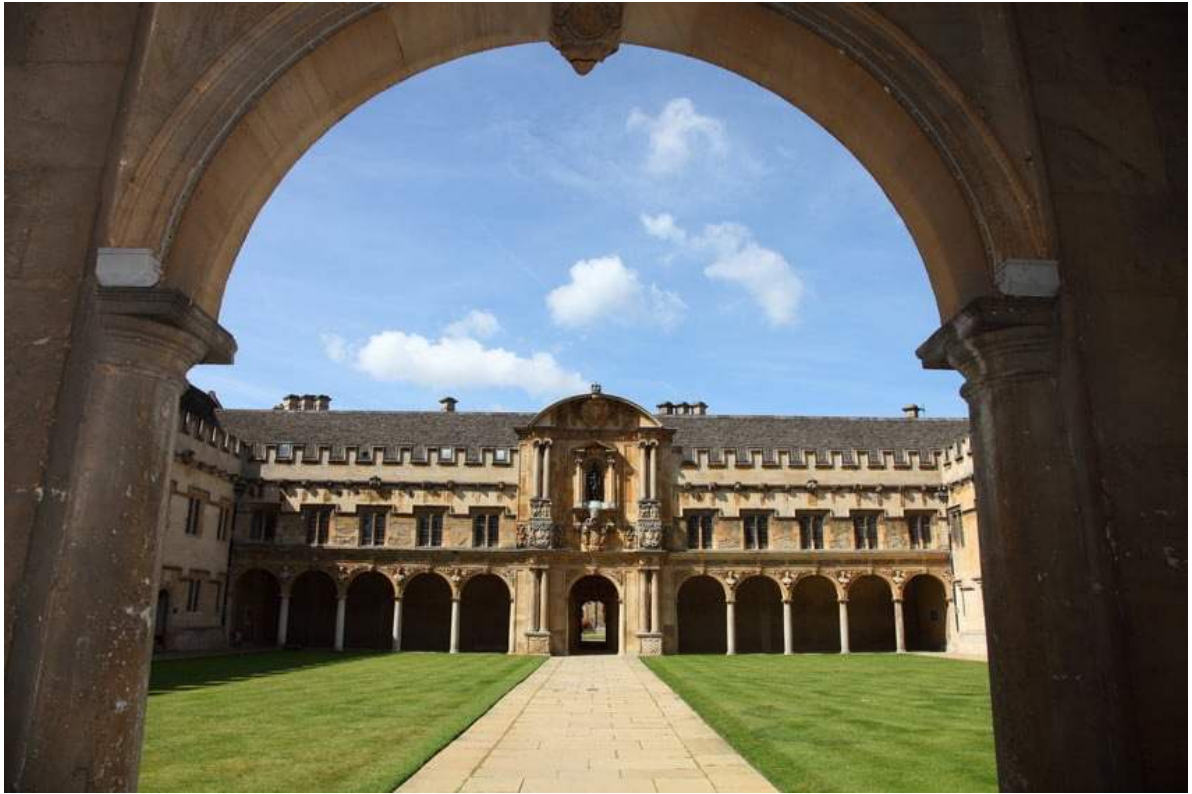
A special opportunity to stay two nights, Friday 30th and Saturday 31st August, in St John's College, Oxford University, and enjoy seven workshops on the Saturday and Sunday, in mindful meditation, mindful movement, and deep relaxation. Alternatively, you can attend the course on both days without being residential in college. This retreat is suitable for all levels of experience.



The meditation workshops will cover such things as learning about mindfulness as a transformational way of being, mindful 'breathing space' and body awareness, tender acceptance of our emotions, heart opening kindness and compassion, the '10 mindful movements of Thich Nhat Hanh', mindful walking in the gardens, and guided meditations on our receptive inner lake and resilient mountain.

There will also be deep relaxation with visualization of healing light inside us.

There will be times for questions and reflection. And times for silence.



Optional visit to a concert, choral evensong in Christ Church college, and/or meals out together with Jacci, a St John's graduate, and our group of maximum 12 participants.



Oxford Spires - Andrew Carslaw



Gardens - Andrew Carslaw

£128 for the course, £172 for an en-suite college room, two nights with full breakfast in the atmospheric 16th century dining hall. **£300 total cost.**

For those wishing to reside in college, rooms can be booked and paid for using our private link page to twelve pre-reserved en-suite rooms in 'Kendrew Quad'. This link will be sent to you **after** you have booked a place on the course.

The public 'Speedy Booker' service is available to preview college rooms, search 'St John's College, Oxford' here [University Rooms](#)

For any questions, or when you have booked a place and you would like to book one of our college room for two nights (£172), you can contact Jacci on:

info@thelovethatweare.org

More details on <http://www.thelovethatweare.org/events>

