

*You were born with wings, why prefer to crawl through life? Rumi*

## **Autumn Meditation retreat with Live music**

with Lucinda Drayton. BACP accredited Psycho-therapist, singer/songwriter and meditation teacher of 30 years.

We are more powerful than we know. We are more courageous, resourceful, resilient than we ever give ourselves credit for.

We can create a life of meaning, joy and great worth.

Yes we will be challenged but we can learn to meet each challenge with equanimity, wisdom and resolve.

### **How ?**

Well one of the greatest tools is the ability to go within and dwell in the universe of the self.

Here we will find everything we need to face and work with whatever life presents us with.

Meditation is a practice that takes us beyond logic and reason and gives us the potential to take the reins of our lives firmly back.

### **You will learn**

Simple breathing techniques  
Relaxation techniques

### **We will look at**

Mindfulness meditation  
The detached observer  
Loving Kindness  
Connection with the divine

All sessions of daily meditation are voluntary.  
There will be time to relax, walk, visit the sea. Bring warm comfy clothes and an open  
heart x

Friday night 20<sup>th</sup> October. Session 1 starts after dinner which is 6.30pm

Ends Monday 23<sup>rd</sup> 11am after brunch.