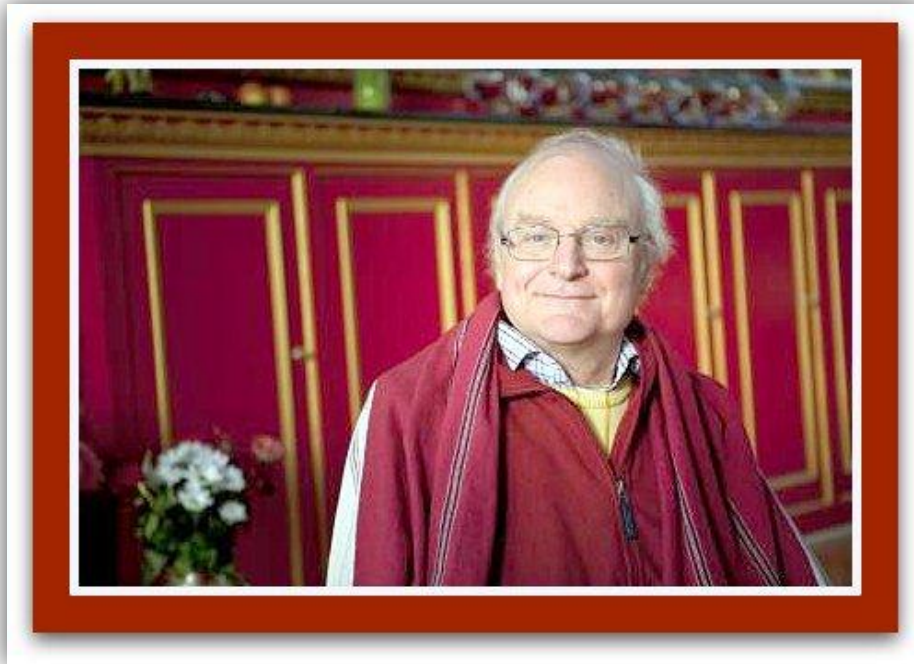


CLIVE HOLMES

Joyful Living through Meditation



Saturday 28th July 2018, 10.30am – 4.30pm
St Martin's Hall, Forest Road, East Horsley, KT24 5HD

Some parking at venue, more on street. Short walk from Effingham Junction station.

Clive Holmes has been teaching meditation for the last twenty years all over the UK, as well as in Samye Dzung centres overseas. He has completed over a year in intensive retreat and has studied in Europe and India with teachers from Burma, South East Asia, Japan and Tibet.

On this one-day retreat we will look at letting go of deeply conditioned, negative, and limiting attitudes. And we will explore exercises in joy, gratitude, acceptance, and self-compassion. Meditation naturally becomes much more effective when we introduce a genuine feeling of joy and enthusiasm. *Come along with an open mind and a sense of humour.*

*Please bring vegetarian or vegan food for a shared lunch. Drinks available during the day.
Bring cushion/s if you would prefer to sit on the floor rather than on a chair.*

£50 suggested donation: We would like as many people as possible to benefit from Clive's teachings, so if you can't afford £50 do still come and donate what you can afford.

To confirm your place make your donation by PayPal to 'elizabeth@peaceworks.co.uk'. Please write name/s of person/s attending and 'Clive Holmes Meditation' in the message box. For more information, or to donate by method other than PayPal, please contact Liz on 07944 872332 or liz@surrey-shiatsu.co.uk.

This event is organised by Cobham Meditation Community.

