

Rejuvenate and recharge this Easter Bank holiday

Immerse yourself in the experience of meditation surrounded by nature, in the unique and tranquil setting of Combe Grove. This retreat can help you relax and rejuvenate the mind, body and soul.

Through regular meditation we create a protective shield of an aura around us and, as the aura develops, we start obtaining happiness, peace and satisfaction from within.

Find out more at: www.SamarpanMeditationUK.org/registration

Samarpan Meditation Spring Retreat
19-21 April 2019

Whether you are exploring meditation for the first time or want to go deeper in your experience, you will take away a simple meditation that can work for you in your daily life; to help you discover inner strength and face life's daily challenges with greater ease and balance. The programme includes many activities that will support you in your meditation journey.

Experience meditation with a master teacher

Samarpan Meditation practical sessions will be further enhanced by sessions with the meditation's founder, His Holiness Shree Shivkrupanand and his lifelong partner, Guruma, via live links from India. Using examples from his own life and spiritual journey, he teaches from his heart about meditation, the true meaning of yoga, humanity and nature.

The weekend includes:

- ~ meditation and teaching sessions
- ~ workshop and concert by Illumina for chanting and enjoying their beautiful spiritual repertoire of sound
- ~ hatha yoga sessions that will help you develop a short practice to support your meditation
- ~ two night's accommodation in twin rooms
- ~ healthy vegetarian and vegan meals
- ~ use of the leisure facilities, swimming pool, steam room, tennis courts, gym
- ~ personal and guided woodland walks and more

Price per person is £240.00

Extend your stay for 1-3 days with a special discount rate for b&b on 18, 21, 22 April

Find out more about the retreat and the meditation at

**www.SamarpanMeditationUK.org/
registration**

