

Weekend Meditation Retreat 2018

Cold Ash Retreat Centre, The Ridge, Thatcham, Berks. RG18 9HU.

Friday 19 Oct – Sunday 21 Oct 2018

Featuring live internet Q&As with Baba Shiva Rudra Balayogi

The retreat

This retreat is a wonderful opportunity to withdraw from the routine of daily life, to focus fully on meditation practice in a conducive atmosphere, amongst like-minded people.

This is also a very rare and precious opportunity to receive direct guidance from a Realised Yogi who has attained the ultimate in spiritual practice. Question and answer sessions with Babaji, live via internet conference, will give a chance for spiritual doubts to be cleared. Those who have attended in previous years will know how amazingly uplifting and inspiring these sessions are.

This is a silent retreat. This means that all talk will be kept to a minimum, only speaking when necessary. This can enable us to dwell in the silence outside of the meditations, prolonging and deepening the purifying effect on the mind.

Group meditations will be scheduled throughout the day in the main room.

Videos of past talks and question/answer sessions from Babaji will be shown in a separate room.

A reading room will be available with various books about meditation.

You are welcome to come for the whole weekend retreat, or just one day.

Please note that this retreat is suitable only for adults.

Babaji's Mission never charges for spiritual instruction – the cost covers only retreat expenses.

The venue

Set in beautiful countryside near Thatcham, Cold Ash Centre is a peaceful and attractive location run by a Community of Franciscan Sisters, surrounded by beautiful woodlands and fields.

More details about the Centre can be found at: <http://www.coldashcentre.org>

The accommodation

All rooms are single, not en-suite and will be allocated on a *'first come, first served'* basis – based on when a completed form and payment is received.

All meals are vegetarian. Please let us know of any special dietary needs when booking.

Any questions about the retreat, the accommodation etc please email uk@srby.org or phone Michael on 07900 217093

SB-SRBY UK Residential Retreat. 19 – 21 Oct 2018

Application Form

Name(s)

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Address

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Home phone..... **Mobile**

Email (*please print clearly*) for booking confirmation and communication.....

Please state any special needs, relevant medical conditions or disability requirements. If you have any physical or psychological condition you must attend **only with the approval of your doctor.**

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Emergency contact (during retreat) name and telephone no:

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Accommodation

All rooms are SINGLE, NOT EN-SUITE and are subject to availability, *'first come first served'* based on when application form and payment is received. Cost includes all meals and accommodation.

Payment

Can be made by:

Bank Transfer: Account name: SRBY UK Account No 02013658 Sort Code 30-92-89

Cheques payable to SRBY UK, post to address below

Credit/debit card (via PayPal) or **PayPal**

(to cover PayPal and credit/debit card payment fees they apply)

Confirmation will be sent by email

Costs per person:

Room	Cost	Card/PayPal payment fee	Number of people	TOTAL
RESIDENT Single not en-suite Friday 5pm to Sunday 3pm	£180.00	£3.00		
NON-RESIDENT DAY VISIT Saturday (1)	£60.00	£1.50		

1. Non-resident Saturday includes mid-morning and afternoon tea and lunch

Food

All meals will be vegetarian. Please state any allergies or dietary restrictions. The centre will endeavour to help, where possible, if given sufficient notice.....

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I apply to attend the retreat and

Enclose a cheque for £..... made payable to SRBY (UK) – please print and post form with cheque.

Or

Have paid by **bank transfer/ PayPal / Credit card / Debit card** (please show which method used)

I will not hold SRBY (UK) and/or the retreat facility liable for any injury, loss or damage.

Signed..... Date

PLEASE RETURN to uk@srby.org or post to SRBY (UK), 67 B EAST DULWICH ROAD, LONDON, SE22 9AP