



Springhead Trust – our retreat venue in the Shaftesbury area

Deeksha Retreat – Surrendering to Life October 24th-26th, Springhead

Themes

In the retreat we will work with the following questions:

- Why is surrender a turning point in the process?
- What is it in you that cannot surrender?
- How can you prepare yourself to be surrendered?
- What happens in the moment of surrender?
- How does your experience of life change after surrendering?

Timings:

The retreat starts on Friday October 24th with an afternoon session at 16.30-19.00 and finishes on Sunday October 26th around 14.00. We recommend that you arrive a little early to settle into the physical surroundings and the retreat energy. This will also give you an opportunity to take a walk and enjoy the beautiful garden. At 19.00 we will have dinner and then an evening programme from 20.30-22.30

To keep the costs down for all of us we will be self catering. You are invited to lend a helping hand cooking, clearing, dishes etc.

Here is the programme layout:

Friday

16.30-19.00: Programme introduction

19.00-20.30: Dinner

20.30-22.30: Surrendering to Life 1

Saturday

07.00-08.00: Voluntary yoga (remember yoga mat)

08.00-09.00: Breakfast

09.00-12.00: Surrendering to Life 2

12.00-13.00: Lunch

13.00-15.30: Free time

15.30-19.00: Surrendering to Life 3

19.00-20.30: Dinner

20.30-23.00: Surrendering to Life 4

Sunday

07.00-08.00: Voluntary yoga

08.00-09.00: Breakfast

09.00-13.00: Surrendering to Life 5

13.00-14.00: Lunch and packing, hugs and goodbyes

Venue:

Springhead Trust, Fontmell Magna, Shaftesbury, Dorset, SP7 0NU

Telephone/Facsimile: 01747 811853

Email: info@springheadtrust.org.uk

<http://www.springheadtrust.co.uk/>

Cost:

Total: £250 - preferably in cash please.

What to bring:

- Indoor shoes, wollen socks
- Warm clothes
- Yoga mat (for resting and "horisontal meditation")
- Towel
- an Open Heart :o)