



Monastic Summer Residential Retreat
Thursday 21st May to Sunday 24th May 2015
At Wiston Lodge, Nr Biggar, South Lanarkshire, ML12 6HT

"When we practice mindfulness, we naturally become attuned to the planet. We are able to listen to ourselves and each other with mindfulness and compassion, we increase our ability to listen to our planet. Practicing compassionate listening to the Earth, we hear that the planet desperately needs us to reconnect with the Earth and with each other. There is no difference between healing ourselves and healing the Earth." From Love Letter to the Earth by Thich Nhat Hanh

You are warmly invited to join us at our summer retreat from 21st to 24th May, 2015 guided by Br Phap Vu of Blue Cliff Monastery New York, in the tradition of Thich Nhat Hanh. We will gather as a Sangha of all ages to support our practice of Mindfulness together.

Wiston Lodge with its extensive grounds and natural environment, merging upwards to Tinto Hill, gives us the opportunity to deepen our awareness of Interbeing with Nature and with one another. The doors are wide open for our **Wake Up** friends, and we hope that everyone young and old will feel nourished and enriched through the explorations of the practice guided by our visiting monastic, Br Phap Vu of Blue Cliff Monastery New York.

Through our time together, we will explore the power of the teachings of the **Five Mindfulness Trainings** in our personal lives and society, with the opportunity of receiving the Transmission of the Trainings.

For more information contact:

Meg Beresford on meg.beresford@gn.apc.org or 07835 362 774

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The UK Community of Interbeing is the network of people who practise and mindful living according to the teachings of Zen Master, Thich Nhat Hanh.

Web site: <http://interbeing.org.uk>

BOOKING FORM

Please fill in and return with payment to:

Border Collie Sangha

c/o Wiston Lodge, Millrigg Road, Wiston, South Lanarkshire ML126HT

Please tick one of the following options as appropriate:

- ☐ Adult Lodge place at £155
- ☐ Age 16-24 Lodge place at £140
- ☐ I wish to apply for a camping place at £100

I enclose full payment of _____

Please make cheques payable to 'Tinto Music and Arts'

Payment by direct transfer is also possible. Details from info@tintomusicandarts.org

First name _____ Last name _____

Male/Female (delete)

Address _____

Postcode _____

Telephone _____ Mobile _____

E-mail address (please write each character in the boxes below)

[illegible]

Can you offer a lift? If yes then your details will be passed on to those requiring transport.

- ☐ Yes ☐ No

How many people can you take? _____ Travelling From _____

Meals will be vegetarian. Please advise of any other dietary needs below:

- ☐ Vegan ☐ Gluten-free ☐ Other - please state _____

Access Needs/ Enquiries:

Wiston is fully accessible but please let us know in advance if you have any concerns

Travel:

Details for Public Transport/Driving at <http://www.wistonlodge.co.uk/about/fags>

The first two questions are to do with directions.