

A Letter to your Heart

The emphasis will be on creating a community of co-exploration, based on unconditional love and forgiveness, whilst honouring where we are in our journey. This is not a conventional Vipassana retreat, nor is it a psychotherapy workshop; it is an opportunity to explore together in a safe and supportive atmosphere what really matters. How we can recognize peace and develop compassion in our busy lives and respond rather than react to the demands made of us? An attitude of curiosity, playfulness, inquisitiveness and honesty will be encouraged.

The timeless teachings of the Buddha, along with modern psychological and creative tools will be used to take us on a journey into the heart. The retreat will focus on using silent meditation as a centring practice along with devotional puja (worship), whilst following the eight Buddhist precepts.

Most of the retreat will be held in 'noble silence' and is open for beginners as well as experienced meditators. It will be especially useful for meditators stuck in their practice.

Venerable Amaranatho



Venerable Amaranatho was born in England and brought up in the Jewish faith, but in his late teens had severe doubts about the faith and left all religion behind to work within the computer industry. After time spent travelling the world and learning about meditation he took the decision to become a monk and resided and trained at Amaravati Monastery near Hemel Hempstead for eleven years.

He has led residential retreats for families, young people, men's retreats and creativity for adults. He is trained as a Source Process Breathwork therapist to use the breath for profound healing. He is deeply influenced by Ken Wilber's Integral Approach and shadow work.

His teachings are based on accepting and welcoming the way life is and allowing our natural wisdom to arise. www.afan.uk.net/user/5

Accommodation: Sneaton Castle Centre, Whitby

Our accommodation is situated on the outskirts of historic Whitby in extensive peaceful grounds adjacent to St Hilda's Priory. There are single and twin rooms with shared bathrooms. All food will be vegetarian and taken in the self-service refectory; soup and bread will be offered on Friday evening, but there will be no evening meal on Saturday as part of the eight precepts.

www.sneatoncastle.co.uk

Investment and Booking

Investment of £135 will cover accommodation, food & administration. Teachings are offered free or by donation.

Please return the completed booking form together with your cheque, payable to J. Cluley. And send to the organiser:

Jane Cluley, Orchard Cottage, Low St, Hushwaite, York YO61 4QA
e-mail: janecluley@tiscali.co.uk Tel: 07906 652669

Leaflets downloadable from; www.yogandshiatsu.org.uk



BOOKING FORM – A Letter to your Heart

Name.....

Address.....

.....Post Code

Telephone..... Mobile

e-mail

Meditation experience.....

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Special dietary requests:

Who would like to share with?

Confirmation & further information will be sent by e mail unless an SAE is enclosed

Travel Information

By car take the A171 for Whitby and turn onto B1460 to Sneaton Castle, Castle Road, Whitby YO21 3QN.

National Express has services that call at Whitby. Yorkshire Coastliner operates between Leeds, York, Scarborough and Whitby. 'Arriva' bus service runs from Whitby bus station every 20 minutes to Castle Road. There is a taxi rank opposite the bus and railway stations

The Centre is within walking distance of the heart of the historic and picturesque seaside town of Whitby

Arrivals from 4pm Friday 27th April

Departure 3-3.30pm Sunday 29th April

The Eight Precepts

The eight precepts form a monastic code of conduct

1. Harmlessness: not intentionally taking the life of any living creature.
2. Trustworthiness: not taking anything that is not given.
3. Chastity: refraining from any sexual activity.
4. Right Speech: avoiding false, abusive or malicious speech
5. Sobriety: not taking any intoxicating drinks or drugs.
6. Renunciation: not eating after mid-day.
7. Restraint: not wearing make-up, jewellery or immodest clothing; not playing radios, music tapes or musical instruments.
8. Alertness: to refrain from over indulgence in sleep.

Meditation Retreat

& Co-exploration of the Buddha's Teachings

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27th – 29th April 2012

with Venerable Amaranatho