



## Coming Home to the Heart A Weekend of Mindfulness and Compassion July 8-9 2017

*“Self compassion is the emotional heart of mindfulness”*

**Christopher Germer**

Join me for a weekend at the beautiful Fintry Trust Retreat House in Brook, south of Godalming, Surrey. Fintry is a haven of peace; an unspoilt Arts and Crafts House and Garden, just over an hour and a half from London.

A residential weekend in the warm embrace of Fintry allows us to let go of the stresses and strains of day to day living. In this letting go we come to experience our natural state of ease and connection. The quality of experience deepens over time and when we allow ourselves this time, we gain insight into how we connect with life, with ourselves and others.

Many different practices will be incorporated into this easeful weekend including seated and lying meditations (if you like to lie down), mindful movement and guided walks. There will be time for quiet and time for informal discussion. There will also be some short periods of silence to help support this gentle deepening into the present. It will provide a pause in your life, a chance to meet like-minded people and a welcome haven for rest and recuperation where you will also be gaining valuable skills for life. We will explore various methods that can be taken away to support an on-going practice at home.



Barbara Boxhall

Last year Barbara qualified to teach an eight week course in 'Mindful Self Compassion' after 3 years of 'Mindfulness Studies' with Aberdeen University, including Mindfulness, Compassion, Insight and Wisdom.

She is a highly qualified teacher of Mindfulness and Counsellor of 25 years' experience.

### **The course will be held from:-**

July 8th - 9th 2017 - Arrival Saturday 10.30 am depart Sunday 4.00pm

The all-inclusive course cost is for mostly single bedrooms, from Saturday morning to Sunday afternoon, plus the Fintry Trust's renowned delicious home-made food with gluten and dairy free options.

**Course cost £195.00.**



**For more details and to book please contact Barbara:-**

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**Mobile: 0780 965 5453**

**Email: [barbara@stillness.co.uk](mailto:barbara@stillness.co.uk).**

**[www.dailymindfulness.com](http://www.dailymindfulness.com)**



**People who came on a weekend led by Barbara said: -**

*'I stand by my feeling that your mindfulness retreat is the best thing I have ever done. I feel very comfortable with the concepts and find practicing mindfulness life-enhancing.'* **Linda, London**

*'You have opened my eyes to a new and exciting way of living and your kindness, quiet dignity and thoughtful guidance were an inspiration and a blessing. It was a shock to realise the lack of compassion I have had for myself until now. And to register how loud that nagging voice had been in my head. It is also a joy to realise that I have all the tools to find a better way of living.'* **Clare, London**