



Lake District Zen Meditation

Winter 2018 Zen Courses

The Zen Winter Meditation Retreat 2018 will run as follows:

2-Day Weekend Course:	6pm Fri 19 Jan to 2pm Sun 21 Jan	Fee £245
2-Day Weekday Course:	6pm Sun 21 Jan to 2pm Tue 23 Jan	Fee £245
4-Day Course:	6pm Fri 19 Jan to 2pm Tue 23 Jan	Fee £395
Rinzai/Song of Enlightenment*:	6pm Tue 23 Jan to 9pm Wed 24 Jan	Fee £195
Full Course:	6pm Fri 19 Jan to 9pm Wed 24 Jan	Fee £495

These Fees include **all tuition, meals and beverages**. Accommodation is extra.

NB: Please notify us of any special dietary requirements at the time of your booking.

* Only for those who have already attended a 2-Day or 4-Day Course.

The course requires no prior experience and enables you to meditate deeply for long periods, so that you will progress quickly. You will learn how to practise in the correct way right from the beginning and get the benefit of one-to-one tuition with a genuine Zen Master visiting from Korea. You can also freely ask Boo Ahm any questions that you may have during the course.

Please book & pay ASAP to secure your place.

Use the email below, call us, or visit our website for more information about our Zen courses.

Call: Nicola - 0778 095 6283 or Simon - 0774 174 4415

Email: zen@simonhathaway.com

Website: www.simonhathaway.com

