



Lake District Zen Meditation

Winter2018 Courses



Course Dates and Fees

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

Accommodation at Meathop Hall & Lady Barn



To get the most from your course, we recommend that you stay overnight at Meathop Hall or nearby Lady Barn. Please contact us so that we can reserve you a place. Prices for Bed & Breakfast are **£35** per person per night in a shared room. If you would like to have your own room the charge will be **£65**. **Please let us know your accommodation needs as soon as possible.**

Location and Directions

These courses will take place at Meathop Hall, a stone-built Grade II listed farmhouse, in a beautiful, peaceful location in the hamlet of Meathop, three miles from Grange-over-Sands. This house offers fine country living and is a perfect venue in which to practise Zen meditation.

Address: Meathop Hall, Meathop, Grange-Over-Sands, LA11 6RE

By car: From Junction 36 of the M6 take A591 then A590 towards Barrow. Turn off at the large roundabout to Grange-over-Sands and immediately turn left to Meathop. Travel down a narrow lane for half a mile and then bear left into the hamlet. As you come up the hill bear right, and Meathop Hall is on your right.

Public Transport: The nearest railway station is Grange-Over-Sands which is 4 miles away. You will need to arrange for a taxi from the station to Meathop.

Items to bring with you

- Comfortable clothes, cushion for sitting on and blanket to wrap around you.
- Waterproof jacket, warm clothes and Strong Waterproof boots/shoes for walking.

Reservation and Payment

Below are the details that you need to reserve your place. The sooner you book, the easier it makes it for us to organise your stay and the more chance you have of securing your place on the course. Please note that places are allocated on a first come, first served basis and can only be reserved upon receipt of the full payment in advance. This is non-refundable except in exceptional circumstances.

To reserve your place, you need to:

Please pay the Course Fee, by **1 Dec 2017 at the very latest**. You can pay by bank transfer which is our preferred method. Once payment has been processed, we will be pleased to confirm your place.

Payment Methods

Bank Transfer to:	Nicola Eyre
Bank:	Co-operative Bank
Sort Code:	08-93-00
Account number:	77109374
Reference for your payment:	Zen + 'your surname'
Or by Cheque Payable to:	Nicola Eyre
Posted to:	205 River Meads, Abbots Maltings, Stanstead Abbots, Hertfordshire, SG12 8EU

Contact details

Phone: 0778 0956 283 or 0774 1744 415

Email: zen@simonhathaway.com

Website: www.zenfools.com

Please do ask if anything is not clear, or if we have neglected to mention anything else that you would like to know. We look forward to seeing you all here soon.

The timetable for the courses can be found overleaf.

Timetable for Zen Courses

Friday

1700 - 1800 Attendees arrive and settle in (**Start of Weekend, 4-Day and Full Courses**)

1800 - 1900 Dinner - Bring food to share

1900 - 2000 Introductory talk, Questions & Answers

2000 - 0000 Sitting Meditation

Saturday

0700 - 0800 Breakfast

0800 - 0900 Meditation

0900 - 1000 Talk, Questions & Answers

1000 - 1200 Sitting Meditation

1200 - 1300 Lunch

1300 - 1330 Walking Meditation

1330 - 1400 Break and Rest

1400 - 1500 Talk, Questions & Answers

1500 - 1800 Sitting Meditation

1800 - 1900 Dinner

1900 - 2000 Talk, Questions & Answers

2000 - 0000 Sitting Meditation

Sunday

0700 - 0800 Breakfast

0800 - 0900 Meditation

0900 - 1000 Talk, Questions & Answers

1000 - 1150 Sitting Meditation

1150 - 1200 Course Group Photograph

1200 - 1300 Lunch

1300 - 1330 Walking Meditation

1330 - 1500 Break and Rest, Weekend Participants depart (**End of Weekend Course**)

1500 - 1800 New Attendees arrive and settle in (**Start of 2-Day Weekday Course**)

1800 - 1900 Dinner

1900 - 2000 Talk, Questions & Answers

2000 - 0000 Sitting Meditation

Monday

0700 - 0800 Breakfast

0800 - 0900 Meditation

0900 - 1000 Talk, Questions & Answers

1000 - 1200 Sitting Meditation

1200 -1300 Lunch

1300 -1330 Walking Meditation

1330 - 1400 Break and Rest

1400 - 1400 Talk, Questions & Answers

1400 - 1800 Sitting Meditation

1800 - 1900 Dinner

1900 - 2000 Talk, Questions & Answers

2000 - 0000 Sitting Meditation

Tuesday

0700 - 0800 Breakfast

0800 - 0900 Meditation

0900 - 1000 Talk, Questions & Answers

1000 - 1200 Sitting Meditation

1200 - 1300 Lunch

1300 - 1330 Walking Meditation

1330 - 1400 Talk, Questions & Answers (**End of 2-Day and 4-Day Courses**)

1800 - 1900 Dinner (**Start of Rinzai/Song of Enlightenment Course**)

1900 - 2100 Talk, Questions & Answers

2100 - 0000 Sitting Meditation

Wednesday

0700 - 0800 Breakfast

0800 - 0900 Meditation

0900 - 1200 Talk, Questions & Answers, Meditation

1200 - 1300 Lunch

1300 - 1330 Walking Meditation

1330 - 1800 Talk, Questions & Answers, Meditation

1800 - 1900 Dinner

1900 - 2100 Talk, Questions & Answers, Meditation

(End of Rinzai/Song of Enlightenment Course and Full Course)