



Wild Geese
Sangha

Edinburgh

Monastic Spring Residential Retreat Thursday, 4th to Sunday, 7th April 2013 At Wiston Lodge near Biggar



The Heart of Impermanence

Dhammapada

*'All created things are transitory;
those who realise this are free from suffering.
This is the path that leads to pure wisdom'.
Buddha.*

The Wild Geese warmly invite you to join us on our Spring retreat from Thursday, 4th to Sunday, 7th April 2013, guided by monastics of Plum Village.

The retreat will draw on the inspiration from Thich Nhat Hanh teachings and commentaries on Impermanence. With guidance from the monastic's we explore using the practise of mindfulness to develop the deeper meaning of the Buddha's teaching on Impermanence. This is a wonderful opportunity to be together, to share and listen deeply to the wisdom of the Dharma. There will be time to pause for reflection and enjoy periods of noble silence. Walking mindfully through the woodland and lovely grounds of Wiston Lodge

"From time to time, to remind ourselves to relax and be peaceful, we may wish to set aside some time for a retreat, a day of mindfulness, when we can walk slowly, smile, drink tea with a friend, enjoy being together as if we are the happiest people on earth. Thich Nhat Hanh

Further information on this and other events can be found on our web site:

<http://edwildgeese.wordpress.com/> or contact Bryan on 07736 889 165/ email.

wing-prayer@hotmail.co.uk

RETREAT COST

£155 WITH A DEPOSIT (non-returnable) of £55.

We have tried to keep costs to a minimum. If you can afford to, please give more to help make it accessible to others. There are a *limited* number of Bursary places available *to members of the Wild Geese Sangha*. If you would like to apply for one of these, please request this on your booking form.

Further information on this and other events can be found on our web site:

<http://edwildgeese.wordpress.com/> or

Contact Bryan - 07736 889 165 email wing-prayer@hotmail.co.uk.

VENUE: Wiston Lodge, Wiston, Biggar, ML12 6HT

The venue is an old Hunting Lodge situated in the small village of Wiston by Biggar in South Lanarkshire close to the Scottish Borders, within easy reach of Edinburgh and Glasgow. It offers the ideal environment to step out of busy, everyday lives into a place of natural beauty and calm. Further details on Wiston Lodge can be obtained by visiting the website on: www.wistonlodge.co.uk

Registration will start around 2.30pm, followed by a simple evening meal of soup at 6pm. The retreat will come to a close at 3.30pm on Sunday.

Wiston Lodge provide basic but comfortable dormitory accommodation with shared bathrooms.

Please bring your own towel and sitting stool/blanket, mats etc. There will be some mats etc. available and supplied if you are unable to provide your own, chairs are available for sitting.

TO BOOK

Please complete the booking form below and send it with a £55 non-returnable deposit or full amount of £155 to:

Wild Geese Sangha Spring Retreat, 30 Allan Park Crescent, Edinburgh EH14 1LF.

PUBLIC TRANSPORT from Edinburgh:

Bus service McEwans (tel: 01387 256533) no 100/101/102 takes 1 ½ hours from Edinburgh Bus station Stance 7. Get off at Biggar. Taxis around £16 (booking advised - Taxi: 01899 220015)

DIRECTIONS BY CAR * from Edinburgh:

By car the trip is 36 miles - One hour. Take the A702 through Biggar. After a half mile turn right onto the A72. Follow the A72 through Symington village and take the next left at the T junction onto the A73. Proceed for about 4 miles; turn right to Wiston after the double bend and just before the bridge. Wiston Lodge is through the village on the right-hand side of the road next to the school.

*If you are driving, please consider offering some others a lift to the retreat.

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 tick one of the following options as appropriate:

- ☐ I wish to apply for a place at £155.
- ☐ I wish to apply for Bursary - only applicable to members of Wild Geese Sangha.
- ☐ I wish to apply for a Bursary place but will attend if Bursary places are filled.

If applying for a bursary please tick the option that applies to you:

- ☐ Unwaged ☐ Full-time student ☐ Pensioner (Over 65) ☐ Low Income

Have you received a bursary from us in the last 12 months?

- ☐ Yes ☐ No

If you wish to request a bursary on any other grounds please use the full form on the website. Full details of the bursary are to be found in this form. All requests will be considered on merit.

I enclose ☐ £55 non-refundable deposit ☐ £155 full payment

Please make cheques payable to Edinburgh Interbeing Sangha.

Payment by direct transfer is also possible. Send an email to wing-prayer@hotmail.co.uk and Bryan will put you in touch with the Treasurer to arrange this.

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 dietary needs below:

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

Access Needs/ Enquiries

Please contact Bryan Webb to discuss any specific access needs or if you have any queries or questions.

Bryan Webb email: wing-prayer@hotmail.co.uk mob: 07736 889 165

NOTE: Friends, this being a monastic residential 3 day retreat. Priority is given for those who are able to make the commitment for 3 days. As a sangha we have a financial commitment to Wiston which requires us to have 35 guaranteed places, enabling us to have the grounds to ourselves and to break even financially.

NOTE: *Full payment must arrive by 7th March* in order to secure your place. In the event of the retreat being full, deposits or cheques will be returned. Confirmation of your booking will be by email or phone.

