



## **Facilitators Retreat Friday, 6<sup>th</sup> to Sunday, 8<sup>th</sup> September 2013 At Kinnoull Monastery, Perth**

### **Facilitators Retreat**

**Building a Sangha,**

**Supporting a Sangha,**

**Being with a Sangha,**

**Receiving the support and guidance of the Sangha**

**Is the practise**

***The Heart of the Buddha's Teaching by Thich Nhat Hanh***

The Scottish Wild Geese sangha warmly invite you to join us at a weekend retreat for existing facilitators, and sangha members interested in facilitating or helping facilitate, Friday 7<sup>th</sup> to Sunday lunchtime 8<sup>th</sup> September 2013, guided by Murray Corke, COI Dharmachyara.

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

<http://edwildgeese.wordpress.com> or contact Cathy Bache & Debbie Jackson by via email at [edgeeseretreat@gmail.com](mailto:edgeeseretreat@gmail.com) or 01334 208 161

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>

## RETREAT COST

£127 WITH A DEPOSIT (non-returnable) of £50. Full amount due by 1<sup>st</sup> August 2013

We have tried to keep costs to a minimum. If you can afford to, please give more to help make it accessible to others. Bursary places are available. To apply complete section on your booking form.

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

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

Contact: Cathy & Debbie at [edgeeseretreat@gmail.com](mailto:edgeeseretreat@gmail.com), tel no: 01334 208 161

## VENUE: St Mary's Kinnoull Monastery, Hatton Road, PERTH, PH2 7BP

The venue is a tranquil nineteenth century gothic building with lovely gardens. All accommodation is single rooms with shared bathrooms. Towels, soap, hairdryers etc are supplied. Whilst Kinnoull Monastery is an international, multi-cultural, ecumenical place many Christian icons are around. It offers the ideal environment, spacious and peaceful surroundings step out of busy, everyday lives. Further details on their website: <http://www.kinnoullmonastery.co.uk/>

If you have particular dietary needs beyond vegetarian then please contact them directly on **01738 624075** or [info@kinnoullmonastery.co.uk](mailto:info@kinnoullmonastery.co.uk) and with notice they will do their best to help you.

Registration will start around 5pm, followed by a simple evening meal of soup at 7pm. The retreat will come to a close at 2pm on Sunday. Rooms need to be vacated by 10am.

Please bring your own 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 on-line or below. The booking is secure once payment by electronic transfer (email for details) or cheque is received. £50 non-returnable deposit or full amount of £127 to:**

**Facilitators Retreat, 4 Lussielaw Road, Edinburgh, EH9 3BX**

## TRANSPORT :

Perth is served by a very good road network linking it to the A1 and the M74 which are the principal routes from the South. There is an excellent coach service linking it with all the main cities and towns, with a daily direct service to London. It is also a mainline station on the railway network with almost hourly services via Edinburgh and Glasgow.

Kinnoull Monastery is about one mile from City centre. Going down to the centre is about a 15 minute walk. During the day there is an hourly bus service and a taxi ride costs about £3.

If you would like a pickup from the bus or train station let us know the time of your arrival, 3pm onwards.

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

**Confirmation of your booking will be by email / post**