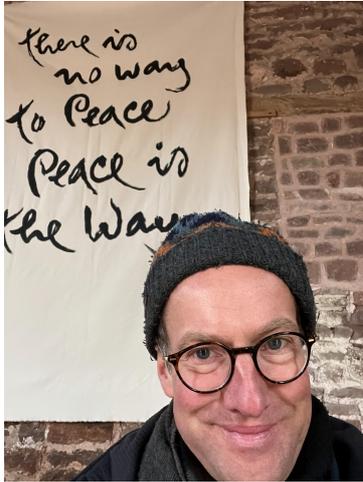


## Reflections on a Retreat at the Being Peace Centre - Abenhall – March 2026



Having recently come back from a 5 day retreat at our new UK practice centre (alongside fellow Wild Geese sangha member Carla), Andrew Bruce has put together the following reflections in case they are useful for anyone else considering a visit.

I have the feeling of the birth of a shared community space that can, with wider sangha support, grow into the most fantastic multi-faceted space for teaching, deepening personal bonds with people and nature and a place of refuge and replenishment in a difficult world. The centre feels like a young child that needs the support of people with different talents and experience to help it expand into its full potential. Quite what that looks like remains undefined and will be determined by the commitment, creativity and financial support of sangha members across the UK. My heartfelt wish is that in time it could develop into a permanent monastery with a living residency of monks and nuns. Initially I understand that there has been a commitment for monastic support for 3 months in 2026 – this starting with a group of monastics running retreats during April and May.



## Setting

The centre is set within about 54 acres of a rolling quiet landscape in the Gloucestershire countryside. There is ample scope to get lost in different settings within the land including some ancient woodland, meadow and watercourses. Unsurprisingly the land reflects its recent role as a grazing for animals and the keeping of horses (so lots of grass!). What is exciting is to envision how the land will develop with plans already starting to form to re-wild some parts whilst setting aside some small areas for the growing of fruit and vegetables.



## Retreat

I attended an 'Earth as Teacher' retreat which prioritised dharma talks, deep relaxation and sharing circles outside when the weather permitted (we were lucky with a lot of spring sunshine ☀️) This gave me the opportunity to connect with the land, plunge my feet into a stream and meditate at the base of an ancient oak tree.



## Accommodation

Already, within a few months, some lovely spaces have been established including a meditation hall (accommodates up to about 40-50 people ) and a tea station with its semi indoor / outdoor space which provides a focal point for social interactions. I understand there are the beginnings of plans for a larger meditation space in what is currently an old barn and to turn the tea station into a large dining hall (dining space is currently spread between 3 different rooms)

I was in a dorm of 4 with an en suite shower room, which, whilst small, was comfortable with good mattresses, an excellent shower and a fresh modern feel. There is a range of different types of accommodation from single rooms, doubles and dorms and once planning permission is received, space for camping in the summer months. Indoor accommodation can sleep about 30 retreatants in addition to staff and volunteers. There is also space for further expansion in the future.

### Travel

I travelled by train from Edinburgh, changing at Birmingham to reach Gloucester in just over half a day – giving me time to meditate, read a book and generally prepare for the retreat. Having booked a taxi with my retreat booking, I shared a ride with several others to reach the centre in about 20 minutes from Gloucester railway station.

### Future Retreats

I have the intention to make regular trips to join retreats - a full list of 2026 retreats released so far can be found [here](#). Already some regional sanghas have also booked out the centre so that they can meet as a group at Abenhall for a retreat. It would be good to assess whether there is sufficient interest for a Wild Geese retreat of this sort. Please let me know on the Wild Geese WhatsApp group if you are interested. 😊🙏