

An Event for the Deaf Community

# Meditation Retreat

Try something new!

**What:** A residential retreat for Deaf people to learn how to stay calm and to understand yourself better.

**Why:** You will be learning to take care of your thoughts in a peaceful, clear and positive way. This is sometimes called meditation. Positive thinking affects how you feel about yourself and your life. There are many current studies showing the positive effects of meditation on physical and mental health. No postures or chanting involved. Just simple lessons in understanding and practising positive and peaceful thoughts.

**Who:** There will be experienced meditators. There will be interpreters, and support from Deaf people who have already been practising meditation.

**You can come if you have never meditated before or if you are already meditating.**

**When:** Friday 21<sup>st</sup> to Sunday 23<sup>rd</sup> October

**Where :** Global Retreat Centre, Nuneham Park Estate, Nuneham Courtenay

**To book a place or for more information:**

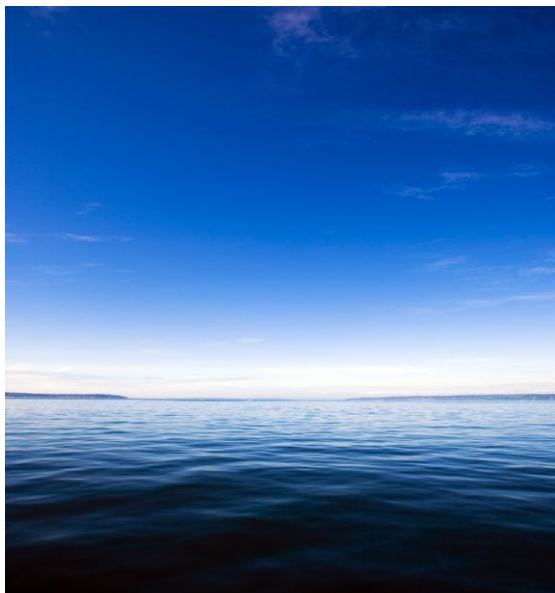
SMS 07984 998 215 or Email: [dc@uk.bkwsu.org](mailto:dc@uk.bkwsu.org)

Places are limited so you must book. The weekend is free of charge, but contributions are welcome. Guests are asked to make their own travel arrangements.

Brahma Kumaris have been working with the Deaf Community in the UK and abroad since 2000. BKWSU teaches Raja Yoga meditation as a way of experiencing peace of mind and a positive approach to life.

## Weekend Timetable

<b>Fri</b>	6.00pm	Arrivals
	7.45pm	Dinner
	6.30pm	Welcome Session
<b>Sat</b>	7.30am	Morning Meditation /Walk
	8.00am	Breakfast
	9.30am	Workshops
	1.00pm	Lunch
	2.00pm	Quiet/Free Time
	4.30pm	Tea
	5.00pm	Workshops
	7.30pm	Evening Meditation
<b>Sun</b>	7.30am	Morning Meditation / Walk
	8.00am	Breakfast
	9.00am	Check Out Rooms
	10.00am	Workshops
	1.00pm	Lunch
	2.00pm	Departures



CELEBRATING  
40 YEARS IN THE UK  
Brahma Kumaris  
Bringing Spirituality To Life

