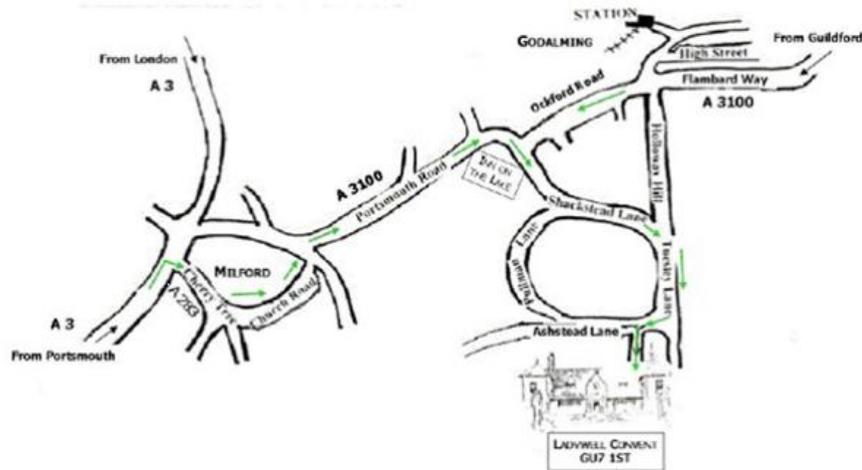


Directions to Ladywell Retreat Centre
Ladywell Convent, Ashstead Lane, Godalming
Surrey GU7 1ST
Tel: 01483 419269



By Train

Waterloo / Portsmouth Line to **Godalming** (45 mins). It's a short taxi ride from the station (5 mins).

By Coach

National Express Portsmouth line to Park Barn, **Guildford**.

By Road

Leave **A3** London / Portsmouth Road at **Milford Junction** (A283)

Take the **A3100** to Godalming.

Turn right into **Shackstead Lane** at the 'Inn on the Lake'.

Follow the road onto **Tuesley Lane**.

Turn right onto **Ashtead Lane** – Ladywell Convent drive is on the left.

There is ample car parking space.

WEEKEND RETREAT

Ladywell Retreat Centre,



LONDON CENTRE OF
SELF-REALIZATION FELLOWSHIP

SAMPLE - PROGRAMME

FRIDAY pm

6.00 Dinner
Free time
8.15 – 9.30 MEDITATION

SATURDAY

7.00 am Energisation excercises
7.20 – 8.20 MEDITATION
8.30 *Breakfast*
Free Time
9.45–10.45 PRIVATE MEDITATION
(Optional)
11.00 – 12.20 READINGS SERVICE
12.30 pm *Lunch*
Free time
2.30 – 3.30 PRIVATE MEDITATION
(Optional)
4.00 Energisation Excercises
4.20 – 5.50 MEDITATION
6.00 *Dinner*
Free time
7.00 SRF DVD (Optional)
8.30 – 9.30 MEDITATION

SUNDAY

7.00 am Energisation Excercises
7.20 – 8.20 MEDITATION
8.30 *Breakfast*
Free Time
10.00–12.15 LONG MEDITATION
12.30 Lunch
Free time
4.30 Energisation Excercises
4.50 - 6.20 MEDITATION
6.30 *Dinner*
8.30 - 9.30 MEDITATION

MONDAY

7.00 Energisation Exercises
7.20 -8.20 MEDITATION
8.30 *Breakfast*
Free time
10.00 – 12.15 MEDITATION
12.30 *Lunch*

Rooms are available until 10.00 am

Group energization Exercises will be conducted outside, weather permitting. You may wish to bring suitable clothing

Tea (including herb teas), coffee and biscuits are available at all times in the kitchenettes on the ground, first and second floors, where there are also small fridges for personal use.

LADYWELL RETREAT CENTRE

The Ladywell Retreat Centre adjoins a Franciscan convent; it enjoys extensive well-kept gardens and is surrounded by beautiful countryside. There are quiet places for prayer both inside the Retreat buildings and outside,

Meals are **vegetarian** with plenty of vegetables, salads, and fruit. A diabetic diet is available on request, and gluten and dairy free options may be available (please let the coordinator know). Each floor has a **kitchenette** with kettle, milk, tea and a **fridge** for storing items you have brought with you (if you are on a special diet).

Rooms - There are a variety of single, twin and double rooms including a couple of self-contained flats, all with en-suite bathrooms

Towels and **bedding** are provided, but **bring** toiletries, and indoor shoes

Arrival - after 4 pm and before dinner. If you expect to be later, please discuss this with the Contact below, as arrangements will need to be made with the Retreat Centre to receive you. NB The gates to the retreat are locked at 9.00 pm.

ABOUT THE RETREAT

A meditation chapel is set up for the retreat and is open at all times.

The weekend will be non-speaking between devotees from the first Meditation Service on Friday until after the last one on Monday.

SRF publications are available to borrow. Please refrain from reading secular literature, newspapers, etc. during the retreat.

We ask retreatants to attend the whole retreat, if possible, and to follow the Group Meditation Guidelines as set out by the London Centre of Self-Realization Fellowship.

Please do not contact the Retreat Centre directly regarding diets or other special needs but specify when booking. This helps us in our relationship with the Retreat Centre. Thank you.

Discounted places may be available for SRF members are unable to pay the full booking fee. Please ask if you need to know more. Or if you should wish to make a contribution to the fund, this also would be deeply appreciated.

Bookings online through www.srf-london.org.uk ("Retreats" tab)
Enquiries Manchula Foulkes ; Telephone : 07976 656607
m.foulkes@srf-london.org.uk