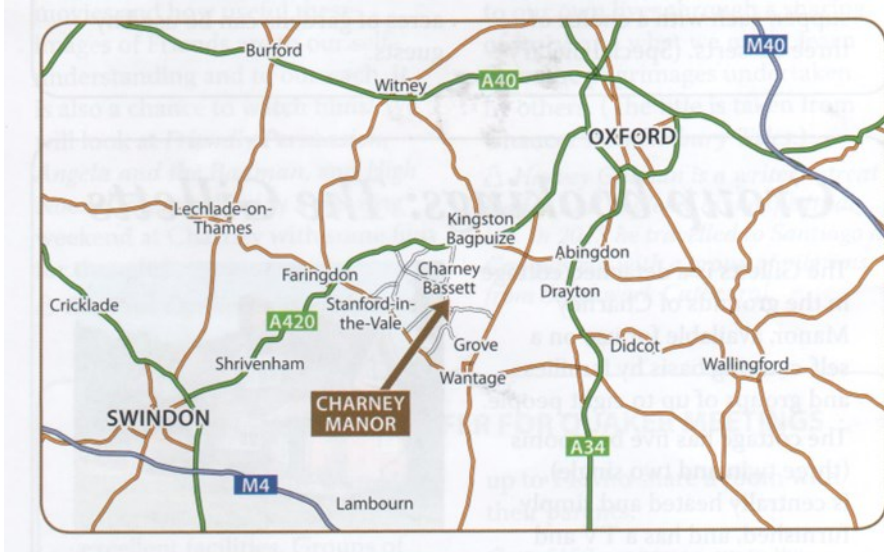


Charney Manor Conference & Retreat Centre

Charney Bassett, Wantage, Oxon OX12 0EJ

Tel: 01235 868206, www.charneymanor.com



Directions By Car

From the Midlands and North - Follow **A34** around Oxford. Take the **A420 Swindon Road** for 12 miles and turn off at sign for **Charney Bassett**.

From London and the Southeast - **M40** via **Oxford**. Follow signs to **Swindon** then use same route as from the **North**.

Or - M4 via **Wantage**. Exit **Junction 13 North** (towards **Oxford**). Turn left onto the **A417 West** and follow map above to **East Hanney** and then follow the signs to **Charney Bassett**.

From the Southwest - Exit at **Junction 15** on the **M4**. Follow **A420**. About 4 miles after **Faringdon** take the right turn to **Charney Bassett**.

Charney Manor is on the south of the village and is clearly signposted next to the small village church on the **Lyford Road**.

Public Transport

By train from London **Paddington** to **Didcot** every hour.

By taxi from **Didcot** to **Charney Manor**.

WEEKEND RETREAT

Charney Manor Conference
And Retreat Centre



29th November to 1st December 2024

LONDON CENTRE OF
SELF-REALIZATION FELLOWSHIP

SAMPLE—PROGRAMME

FRIDAY pm

5.00 pm	Teas & Coffee Book room
6.15	Welcome Book room
6.30	Dinner / <i>Free time</i>
8.15 - 9.30	MEDITATION / HS*

SATURDAY

7.00 am	Energisation Exercises
7.20 - 8.20	MEDITATION / HS*
8.30	<i>Breakfast / Free time</i>
9.45 - 10.45	PRIVATE MEDITATION (Optional)
11.00	Refreshments
11.30 -12.50	READINGS SERVICE
1.00 pm	Lunch / <i>Free time</i>
2.30 – 3.30	PRIVATE MEDITATION (Optional)
3.30	Refreshments
4.30	Energisation Exercises
4.50 – 6.20	MEDITATION
6.30	Dinner / <i>Free time</i>
7.30	SRF DVD (Optional)
8.45 – 10.00	MEDITATION / HS*

SUNDAY

7.00 am	Energisation Exercises
7.20 - 8.20	MEDITATION / HS*
8.30	<i>Breakfast / Free time</i>
10.00 - 12.45	LONG MEDITATION
1.00	Lunch Teas & Coffees

Bedrooms are available until 10.00 am on Sunday.
Sunday departures by 2.30 pm.
Group Energization Exercises will be conducted outside, weather permitting.
Please bring suitable clothing and footwear.

HS* Healing Service

CHARNEY MANOR RETREAT CENTRE

The Manor, a grade 1 listed building, is situated on the edge of Charney Bassett, a small village near Wantage in the Vale of White Horse, about 14 miles southwest of Oxford, and a similar distance west of Didcot.

It is set in beautiful grounds and there are pleasant walks into the village and along country lanes into the countryside.

Most bedrooms are ensuite with tea making facilities; some are available with full wheelchair access and a lift to the meeting room above.

Charney Manor provides high quality home cooked vegetarian food, prepared onsite and can cater for all dietary needs - (please make us aware when booking)

Towels and bedding are provided.

Arrival - after 4 pm and before 6pm, on the Friday.

ABOUT THE RETREAT

Our meditation chapel will be set up for the retreat and open at all times.

The weekend will be in silence from the first meditation on Friday until the last one on Sunday. You will find ample opportunities for meditation, relaxation, exercise, and study of Paramahansa Yogananda's writings and we hope you will find there new spiritual inspiration and renewal of body, mind and soul.

SRF publications are available to borrow including the invaluable SRF booklet "God First: A Retreatant's Pocket Companion". You may wish to bring your own SRF study, but 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 London Centre of Self-Realization Fellowship Group Meditation Guidelines.

Funds may be available for SRF members unable to pay the full booking fee. Please enquire when booking. Or if you should wish to make a contribution to the fund, this would be deeply appreciated.