

Wychcroft Retreat Centre

South Park Lane, Betchingley, Redhill,
Surrey RH1 4NE
01883 743041
<https://www.wychcroft.org>
wychcroft@southwark.anglican.org

DIRECTIONS BY CAR – from M25

M25 Junction 6 – 4th exit onto B2235 (Godstone Hill)
Next Roundabout (0.7 mil) – 3rd exit onto High Street (A25)
0.4 mile – continue straight on High Street / B2236
0.2 mile – slight right onto Tilburstow Hill Rd
0.7 mile – Turn right onto Rabies Heath Road
0.6 mile – turn left onto South Park Road
The turning to Wychcroft is on the left. There is a sign:-
“Wychcroft House, Southwark Diocesan
Training Centre and The Granary, turn here”.
You can park in front of the house and on the lane.

BY PUBLIC TRANSPORT

Nearest Train station is **Redhill**, (3.5 miles from the centre)
(direct line from St Pancreas)
Take a taxi to Wychcroft. There are usually taxis outside the station,
(or you can book with roadrunner – 01737 760076)
It is best to avoid using the bus. The nearest bus stop is a 1.7 mile walk with no pavements.

WEEKEND RETREAT

Wychcroft Retreat Centre
13 – 16 March 2026



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

Bedrooms are available until lunchtime
Sunday departures by 2.30 pm

SUNDAY cont. (for 3 day retreat)

4.00 Energisation Excercises
4.20 – 5.50 MEDITATION
6.00 Dinner
Free Time
8.15 – 9.30 MEDITATION

MONDAY

7.00 am Energisation excercises
7.20 – 8.20 MEDITATION
8.30 Breakfast
Free Time
10.00–12.15 LONG MEDITATION
12.30 Lunch

Rooms are available until 10.00 am
Monday departures by 2.30 pm

Group energization Exercises will be
conducted outside, weather
permitting. Please bring
suitable clothing and footwear.

*Tea (including herb teas) and
coffee are available at all
times in the pantry next to the
kitchen.*

Wychcroft Retreat Centre

Wychcroft is the Southwark Diocesan Training Centre and is in a Victorian house 22 miles south of London. It is set in the heart of the Surrey countryside near Betchingley and 5 miles from Redhill station. It is a secluded location with views and footpaths.

The house boasts a wood panelled entrance hall, grand staircase and further comfortable common rooms which are available for our use. There is a separate chapel adjacent to the House which is perfect for our meditations and gardens where we can conduct our Energisation Exercises.

The 23 comfortably furnished bedrooms, single, or twin, all have washbasins. **Bathrooms and showers are separate and are shared.** Although there are stairs to most bedrooms, two rooms are accessible with lift platform. Please enquire below.

Wychcroft 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 dinner at 6pm, (if possible).

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 / Monday. 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 below. Or if you should wish to make a contribution to the fund, this would be deeply appreciated.

Bookings online through www.srf-london.org.uk ("Retreats" tab)
Enquiries Preeti Dahiya, Email: weekendretreat@srf-london.org.uk