

School of Meditation

Essential Teaching Weekend



Have you been meditating in the tradition taught by John Main for more than a year? Would you like to deepen your understanding of your meditation practice and be more confident when talking about it? An Essential Teaching Weekend is a participative residential weekend. Presentations by teachers in the community, group discussion and practical exercises will help to build confidence to pass on the gift of meditation.

St Columba's House, Woking

11th to 13th March 2022

The style of the weekend is relaxed and informative. The comfortable accommodation is newly refurbished, offering ensuite facilities (see www.stcolumbashouse.org.uk). The UK community has enabled this subsidised cost, which includes all accommodation, meals, talks and resources.

Cost £175 per person

For more details, including information about bursaries
and the application form, please email:

ailsa.adamson@gmail.com or call the UK office on 020 8280 2283