

## A Weekend Retreat 22-24 September 2017 Exploring Mindfulness and Creativity

### Information Sheet

#### Fintry

Fintry is the administrative headquarters of The Fintry Trust. It is a retreat house with its own beautiful and extensive grounds, set in the Surrey hills. Fintry allows for a retreat from the world, and fosters an understated and simple philosophic mode of life.

#### The Retreat

The retreat will be very gentle, with plenty of encouragement to do what is right for you.

You will be fully supported by Alison and Susan over the weekend, not just for practices but to talk to, and they will offer whatever support and encouragement they can. For many people coming to Fintry it is their first retreat so you may be a little apprehensive, but you'll be in good company. This retreat has been planned with this in mind so if it is your first retreat you'll be in an ideal setting.

#### What to expect

Expect lots of guided practice, both core mindfulness practices, and specific practices on compassion for self and others. Expect lots of nurturing. And expect lots of free time to encourage mental, emotional and creative space.

This weekend will allow us to really tune into the whole of our experience, in our minds, in our bodies, and in our surroundings. Creativity is within each of us, but daily pressures can limit our capacity to enjoy creative thoughts. The retreat will build on the foundation of our mindfulness practice, to explore creativity in its broadest sense helping to achieve a calm spaciousness that allows fresh ideas and insights to emerge. This state of spacious awareness will be sought through sensory immersion in the rich intricacies of Fintry house and its autumnal garden.

#### What to bring

Please bring:

- A range of comfy indoor and outdoor clothes and suitable footwear;
- Mats, blocks and cushions for doing practice sitting, moving and lying;
- Notebook/sketchbook and materials for journaling/drawing (optional);
- Some nice warm socks/slippers!

#### General information

When you arrive please check in, in the afternoon/evening there will be an introduction, and a Health and Safety/Fire Safety briefing.

The rooms are quiet however none of the rooms are en-suite so you can expect to share a bathroom between 2/3 rooms.

There is one designated person on duty throughout the night.

## Emergency contact information

We will be practicing silence for some of the time, and encouraging you to have your mobiles turned off for the duration of the time. You might find it helpful to let your families know that you may not be in contact with them for the weekend. If your families do need to contact you in an emergency they are able to use the main Fintry number 01428 682621.

## Dietary Requirements

We will be eating a vegetarian diet, and in addition Fintry is able to accommodate gluten-free and dairy-free dietary requirements. If you haven't already, do let Alison know if you require either of these options.

## Location details

The Fintry Trust  
Fintry, Brook, Godalming  
Surrey GU8 5UQ  
England

Tel: 01428 682621

### Map

[Click](#) for a map for directions.



## Travel Options

### Directions by Car

It is best to follow these directions rather than your satnav. Fintry is situated in the village of Brook, off the A3/A286, south of Godalming. Driving south on the A286 from Milford to Haslemere, take the lane opposite 'The Dog and Pheasant' public house. Just past the cricket ground, turn left into Church Lane. Fintry is some 500 yards along Church Lane on the right.

### Directions by Train

The nearest railway station is Witley on the London Waterloo-Portsmouth line. A more frequent service stops at Haslemere and Godalming and taxis are available at these stations.

Fintry is approximately 1.5 miles from Witley train station. Walking isn't advisable as the route would be over fields. Do let Alison know if you'd like a lift, or if you're able to pick someone up from the station. If you need a taxi from Witley station, please book in advance.

Train times can be checked on the [National Rail Enquiries](#) website.



## Approximate Timetable

### Friday 22<sup>nd</sup> September 2017

3.30-4pm	Arrival, tea/coffee
5-6pm	Introductory session, including orientation
6pm	Dinner
7.30-9pm	Evening practice and sharing

### Saturday 23<sup>rd</sup> September 2017

7-8.15am	Morning practice
8.30am	Breakfast
9.30-11am	Practice
11am	Break
11.30am – 1pm	Practice
1pm	Lunch
Lunch – 3.30pm	Free time
3.30-4.30pm	Practice
4.30pm	Break
5-6pm	Practice
6pm	Dinner
7.30-8.30pm	Evening practice

### Sunday 24<sup>th</sup> September 2017

7-8.15am	Morning practice
8.30am	Breakfast
9.30-11am	Practice
11.30am	Break
11.30am – 1pm	Practice and sharing
1pm	Lunch
Depart after lunch	

