

## A Weekend Retreat 8-10 February 2019

# ALLOWING MINDFUL SPACES FOR CREATIVE THINKING

## Information Sheet

### The Retreat

The retreat will be fully led and supported by Alison Armstrong, Mindfulness Facilitator and Caroline Homfray, Coach and Teacher.

We will use some listening and thinking practices interleaved with mindfulness practice, both as a group and in pairs, to reflect on our current life experiences in a safe, non-judgmental environment. We will also create the space to think about what provides nourishment in our lives, and how to find the courage to say no to things which drain you. The retreat is very early in the year, and this provides an ideal time to reflect on what you need in the year ahead.

If this is your first retreat, you may be a little apprehensive, but you'll be in good company. This retreat has been planned to be supportive of those coming for their first retreat, as well as providing space and depth of practice for the more experienced.

### What to expect

During the weekend we will invite you to join us for plenty of guided mindfulness practice, to develop a state of spacious awareness. This will be sought through immersion in the rich intricacies of Fintry house and its striking winter garden, as well movement and sitting meditation. There will be a strong emphasis on making wise choices about what practices are right for you.

We will also use exercises, in pairs and in small groups, so that we can deeply reflect on our lives, and create space for creative thinking about changes we might wish to make. We will build in plenty of free time to encourage a calm spaciousness to develop, allowing fresh ideas and insights to emerge.

### The location: 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. During our retreat, we have exclusive use of the house and gardens.

### What to bring

Please bring:

- A range of comfy indoor and outdoor clothes and suitable footwear. We will be inviting some outdoor practice *whatever the weather*
- Mats, blocks and cushions for doing sitting, moving and lying practice;
- Notebook/sketchbook and materials for journaling/drawing (optional);
- Some nice warm socks/slippers!

## General information

When you arrive you will be welcomed by a member of Fintry staff, who will check you in and show you to your room. In the afternoon/evening there will be an introduction to the weekend by Alison and Caroline, and a Health and Safety/Fire Safety briefing by Fintry.

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 in 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. Please provide information on the booking form.

## Location details

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

Tel: 01428 682621

### Map

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



## 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. 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 put details on the booking form 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 8<sup>th</sup> February 2019

3.30-4.00pm	Arrival, tea/coffee
5.00-6.00pm	Introductory session, including orientation
6.00pm	Dinner
7.30-9.00pm	Evening practice and sharing

## Saturday 9<sup>th</sup> February

7.00-8.15am	Morning practice (optional)
8.30am	Breakfast
9.30-11.00am	Practice and exercises
11.00am	Break
11.30am-1.00pm	Practice and exercises
1.00pm	Lunch
Lunch-3.30pm	Free time
3.30-4.30pm	Practice and exercises
4.30pm	Break
5.00-6.00pm	Practice and exercises
6.00pm	Dinner
7.30-8.30pm	Evening practice and exercises

## Sunday 10<sup>th</sup> February

7.00-8.15am	Morning practice (optional)
8.30am	Breakfast
9.30-11.00am	Practice and exercises
11.00am	Break
11.30am-1.00pm	Practice and exercises
1.00pm	Lunch
2.00-3.00pm	Closing session
Depart by 3.30pm	