

Retreats 2018

All the retreats will focus on our personal meditation practice and how we can continue to develop this within the themes of the retreats and allow time to reflect on our own personal experiences of the practices.

David Oldham, Facilitator

David is an experienced counsellor and meditation teacher, and leads retreats at Blythe House and other venues.

David has developed his own unique style and approach, having trained with many different teachers, traditions and organisations, and uses his knowledge and experience to demonstrate an innovative way of developing mindful self-compassion.

Essential Information

- The cost includes vegetarian lunch and light refreshments
- Please wear comfortable clothing
- A certificate of participation can be provided on request.

Booking & Confirmation

For more information or to book a place, please contact **Nicki Theaker: 01298 875086** (24-hour voicemail) or email: nicki.theaker@blythehouse.co.uk

Places are limited to **30** participants for each retreat.

Completion of a booking form and full payment is required at the time of booking.

Cancellations: Please refer to our cancellation policy, available on request, or visit our website www.blythehousehospice.org.uk

Blythe House has much to offer anyone affected by cancer or other life-limiting illness including a wide range of free and confidential specialist palliative care services and support for patients, their families and carers. Our team of skilled and experienced healthcare professionals and volunteers provide the opportunity for people to make informed choices about their life and maximise their quality of life, help them to 'live well' with serious illness and find positive ways of coping in difficult and stressful times.

Retreats 2018

at Blythe House

A series of one-day retreats each with its own theme

Saturday 24th February
An Introduction to Mindful Compassion

Saturday 19th May
'Deepening Mindful Compassion'

Saturday 28th July
'A Day of Joy'

Saturday 29th September
'Touching Peace'

Saturday 1st December
'Letting Go and New Beginnings'

Blythe House Hospice Eccles Fold
Chapel-en-le-Frith High Peak SK23 9TJ

Tel: 01298 815388

email: info@blythehouse.co.uk

Registered Charity No: 1031192 Company Reg. No. 2880281



Saturday 24th February
An Introduction to Mindful Compassion

This day will introduce some of the theory, science and practices of mindful compassion. Ideal for beginners and also for more experienced practitioners who may wish to revisit and refresh their own practices.

The retreat that follows in May will be a way of continuing to develop practices.

Saturday 19th May
'Deepening Mindful Compassion'

This day builds on the previous retreat and introduces ways that can deepen our practices of mindful compassion for ourselves and others. Although useful, it is not essential to have attended the previous retreat.

Saturday 28th July
'A Day of Joy'

This day will explore how we can cultivate more moments of joy in our lives and continue to develop those to bring more joy into our life and our experiences; with theory and practices that can help us to achieve this.

Saturday 29th September
'Touching Peace'

This retreat helps develop our practice of stillness in meditation to achieve a more peaceful way of being in our lives. We all have the ability to create more peace within ourselves which we will explore and also recognise any obstacles we may have to 'touching that peace'.

Saturday 1st December
'Letting Go and New Beginnings'

A retreat to focus both on the aspects of our experiences that we may wish to let go of and looking at how this may influence our chosen way forward in our lives.

- ❖ **£65 per retreat**
- ❖ **Retreats begin at 10am and end at 5pm**
- ❖ **Vegetarian lunch and light refreshments are included**
- ❖ **Places are limited, so early booking is recommended**