**HIGH HEATHERCOMBE CENTRE**

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LIVING FROM THE HEART RETREAT

with JAYARAJA

6 - 11 MARCH 2018

This five-day retreat is an opportunity to come together as a temporary community in the beautiful setting of High Heathercombe to explore what it means to live authentically from the heart. Being in touch with our hearts helps us to feel more alive to ourselves and sensitive to others, helping us to see what matters and to live from that space. Communication teaching will be interwoven with led meditation, simple ritual and community, allowing space for silence, long walks, reflection and fun. There will be an opportunity for one to one sessions with Jayaraja during the retreat.

Jayaraja is a skilled communication teacher who playfully embodies the principles of compassionate, mindful communication. He began training with Marshall Rosenberg in 2001 and has gone on to teach numerous Nonviolent Communication retreats and workshops around Europe. He has been a practicing Buddhist and meditation teacher for over 25 years and is trained in Gestalt psychotherapy. He is the co-author of four books on play, group facilitation and communication.

BOOKING AND DANA - To book your place please complete the booking form and return to Mel at High Heathercombe with your booking deposit of £60. Please ask for bank details if making a transfer is easier for you.

This retreat is offered on the basis of dana, an economy rooted in generosity and giving.

This practice has sustained Dharma teachings since the time of the Buddha.

We ask for a booking deposit to secure your place of £60.

At the end of the retreat you will be invited to make your donation.

This will contribute to the hosting and food costs for the retreat, and secondly to honour Jayaraja's teaching and to sustain his capacity to teach on a dana basis in the future.

Suggested Donation Guidelines (including your booking deposit)

Fully waged - £275

Low waged - £185

Unwaged - £ 100

You are invited to give more or less as you see fit according to your resources and the value that you put on your experience. We request that you offer as much as you are able. This will support us to cover our costs and run events on a dana basis in the future.

Your donations can be in cash and there will also be the facility to make online transfers at the centre, at the end of the retreat.

TIMINGS - You are welcome to arrive from 3pm on Tuesday 6th March. and the retreat will end at 4pm on Sunday 11th March.

FOOD - We provide delicious, organic vegetarian food and are well practiced at catering for particular dietary requirements. Please give details of any particular needs you have on the booking form-Thank you.

ACCOMMODATION - Accommodation will be in shared (same gender) bunk bedrooms. We provide all bedding and towels.

TRAVEL AND DIRECTIONS - If you are coming by train to Newton Abbot, we will organize a taxi or lift share once we have travel details. If you are driving to Heathercombe and can offer a lift, then please indicate on your booking form.

For full downloadable directions to High Heathercombe please see our website [**www.highheathercombecentre.org.uk**](http://www.highheathercombecentre.org.uk)

Please note that a sat-nav does not bring you all the way!!

Please also be aware, if you are driving, that the centre is at the top of a steep hill with a sharp right hand bend half way up.

WHAT TO BRING - Please bring warm and waterproof clothing and footwear, as we may be spending time outdoors. A torch is also useful. A warm shawl or blanket for meditation.

A journal and notebook may be useful.

If you are traveling from abroad or long distance to attend, please contact Mel or Sara at the centre for extra accommodation needs and we will do our best to help. It is possible to stay the Sunday night and leave Monday morning for your journey home.

We look forward to seeing you.

07791 601737

high@heathercombe.com www.highheathercombecentre.org.uk