



even monkeys fall from trees

A meditation retreat / workshop for people who think they can't meditate
or who think they should, but don't

We think that meditation practice should be about relaxation, warmth and gentle curiosity, but ironically what many of us actually experience is frustration, tension or tedium.

If you are interested in unlearning meditation—in making a fresh start—and in reclaiming your practice so that it deepens your sense of connection to your own life, then we hope you will join us.

Dates: 30 June – 5 July

Cost: £225, £170 (concession)

Venue: Vajrasana Retreat Centre, Suffolk

For more information or to book: www.janparker.co.uk or email jp@janparker.com or katiegmorrow@gmail.com

Retreat leaders:

Between us we have 50 years of meditation experience—not all blissful.



Katie Morrow



Siddhisambhava aka Jan Parker

Our approach is based on the Buddhist tradition of meditation. However, we will be exploring elements of meditation in quite a free way, so you are welcome no matter what tradition of meditation—whether secular or religious—you are interested in.