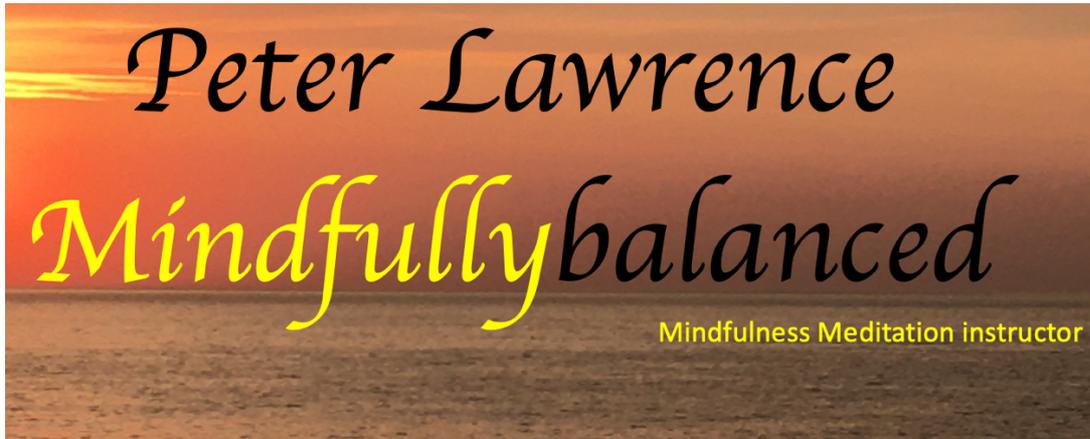


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Mindfullybalanced.co.uk

Date: 23rd January 2022

Contents of this newsletter:

Section 1:

Update weekly sessions:

Section 2:

Cancer Creativity Course – Mindful movements second course starting Tuesday 1st March until 5th April 2022

June retreat full information.

Section 1:

Monday 24th January – 9am and 7.30pm
Tuesday 25^h - 7.30pm – Cancer Creativity Course – Mindful movements
Wednesday 26th January - 9am and 6.30pm
Friday 28th - 9am
Saturday 29th January 11am

Section 2

Cancer Creativity Course – ‘Movement for Cancer’

It is seen that if a person has had lymph nodes removed as part of their cancer treatment, movement is essential in preventing lymphoedema, which can be quite debilitating and painful.



Movement for Cancer testimonials below:

‘I feel so relaxed yet so energised, it’s an amazing feeling, I love these sessions’

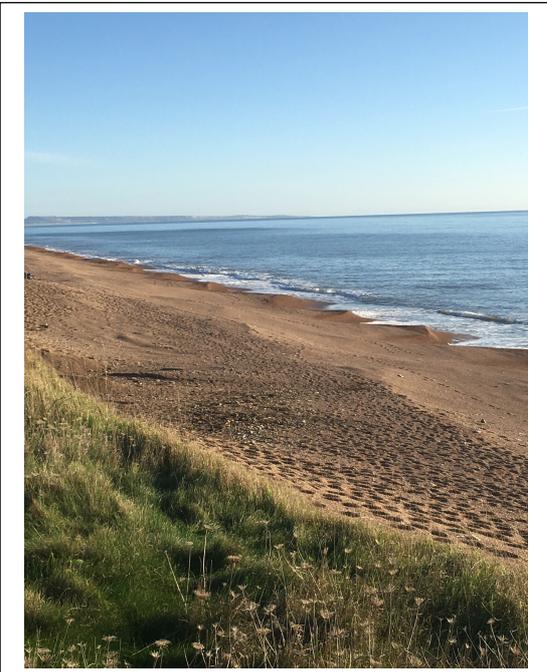
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The first course will run for 6 weeks between Tuesday 1st March to 5th April, all times starting at 7.30pm

Retreats for 2022 – now in June and October

I will be running two weekend retreats this year in Weymouth. Dates and prices for the first retreat in June are below:

I'm looking at booking a guest house/hotel for:



Friday 10th June
Until
Sunday 12th June

This will be rated good/fabulous on
Booking.com

The guest house/hotel will be very close to
the beach and include breakfast.

Lunch on Saturday and Sunday will be
provided by myself and /or my wife Angela.

The cost includes accommodation for 2
nights, all meditations, lunch on Saturday
and Sunday. And an evening meal at a local
restaurant Saturday evening.

The cost does not include:

Travel to Weymouth and return, evening meal on the Friday.

To share costs maybe people may want to travel together if driving.

If you wish to travel sooner or go back later to have a longer break you will have to make private arrangements with the BnB/hotel.

The weekend will include:

Meeting at Weymouth, if traveling by train/coach, and taking you to the BnB/hotel. Settle in and enjoy the evening. And a chance to meet with the other participants if wished..

Saturday morning:

Early morning meditative beach walk before breakfast at 7.30 am: optional 😊

Pick up from accommodation to the Meditation Studio at 10am.

Morning meditations

Lunch

Transport back to accommodation for a 1 hour rest.

Pick up from accommodation for afternoon outside meditations weather permitting

Back to the Meditation Studio, afternoon tea, further meditations

5.30 approx: return to accommodation to relax,

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7.30pm Saturday evening meal at a local restaurant to relax with group (optional)
This must be prebooked.

Sunday:

Early morning meditative beach walk before breakfast at 7.30 am: optional

Pick up from accommodation to the Meditation Studio at 10am

Morning meditations

Lunch

Afternoon meditation

Roundup

Farewells transport to station if required at 3pm approx

If you are interested the cost for the weekend is:
£325

A deposit of £50 is needed to ensure your place. The maximum number is 9.

Please email your interest and I shall send you my bank details. And please say whether you wish your own room or willing to share a twin room with another person, this will reduce the cost.

I have had many enquiries.

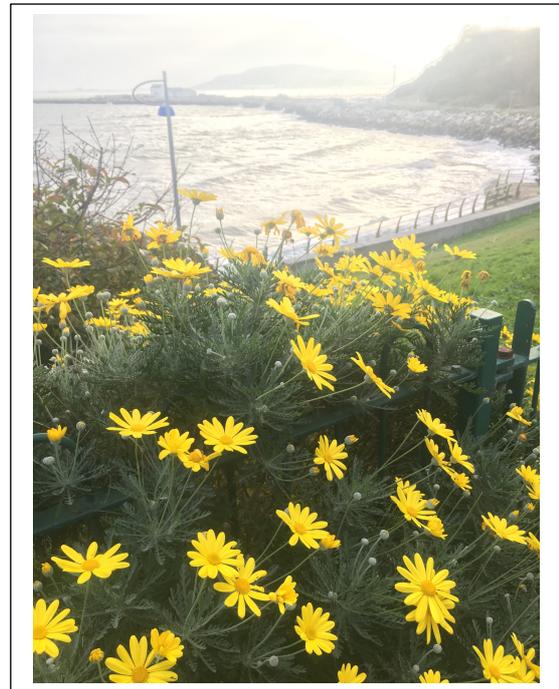
A tribute to Thich Nat Hanh Thich Nhat Hanh obituary - taken from The Guardian obituary.

**'Zen Buddhist monk and peace campaigner
who brought mindfulness to the west**

'Following the end of the Vietnam war in 1975, thousands of people fled from the victorious communist forces by sailing to neighbouring countries. When these "boat people" attempted to land in Singapore, the police pushed them back out to sea, where many died.

In 1978 the Vietnamese Zen Buddhist monk Thich Nhat Hanh, who has died aged 95, went to Singapore for a conference on religion and peace. By working with fishermen he helped get provisions to those at sea and smuggle some refugees ashore; he then took them to the French embassy compound so that the next morning they could surrender to the police and enter the official arrival system.

When Nhat Hanh was arrested and threatened with deportation, hundreds were put in peril. He reflected: "If I could not be peaceful in the midst of danger, the peace I might realise in easier times would not mean anything."



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Nhat Hanh pointed to this as an example of “engaged Buddhism” , where mindfulness – “the capacity to be aware of what is going on, and what is there” – forms the basis for offering practical help to address the issues and injustices of the modern world. Through developing a movement to promote it in the west as well as in Asia, he did much to bring the practice of mindfulness into the social mainstream, by emphasising that a contemplative attitude could inform every moment of the day, not just those devoted to explicit meditation.

His philosophy of “interbeing”, which holds that we should regard ourselves as interconnected parts of the fabric of life, rather than as separate entities, has been an important influence on many environmentalists’.

Guardian obituary 23/1/2022

Take care everyone.

With kindness

Pete

