



Deepening Practice A Silent Mindfulness Retreat

**18th to 22nd September 2017
With Susannah Crump and Gwennie Fraser**

This Mindfulness meditation retreat provides an opportunity to deepen and develop personal meditation practice over a sustained period of time. This retreat is suitable for people who:

have taken a mindfulness-based eight-week course and are interested in developing and deepening their practice and have already had experience of a silent residential mindfulness retreat of at least two days.

If you are a mindfulness-based course teacher, this retreat provides an opportunity for you to fulfil the [UK Network's Good Practice Guidelines](#) to commitment to attendance on residential, teacher-led, meditation retreats.

We will move gradually into silence enabling a deepening awareness through familiar mindfulness practices.

Dates: Monday 18th – Friday 22nd September 2017

Monday: Arrival from 4.30pm, with supper at 6.30pm

Friday: Ending at 3.30pm

**Venue: Shepherds Dene Retreat Centre, Riding Mill,
Northumberland. NE44 6AF www.shepherdsdene.co.uk**

Fee: *single occupancy room:*

Standard rate: accommodation £235 plus retreat fee £255

**Concessionary rate: accommodation £235 plus retreat fee £130
Concessions are available for those on low income. Please
contact us for details.**

**To secure your place and accommodation:
Please go to www.mindfulnessnorth-east.co.uk**

The Retreat

The retreat starts on Monday evening with supper at 6.30pm. We encourage you to arrive from 4.30pm, and give yourself time to settle in. After supper we'll begin to explore what it means for us to deepen mindfulness practice. We will begin to let go of "doing mode" and reconnect with ourselves and each other in the present. We will move into silence after this evening session.

Mindfulness practice has at its heart the simplicity of just being. In the dedicated time and space of a retreat we can remember what has drawn us to mindfulness. We can remind ourselves of how to pay attention and notice just what is here in this moment without striving to make it something different. We can deepen our trust in the unfolding process of practice, allowing ourselves to be just as we are and rediscovering how each moment unfolds into the next. We can rediscover kindness and compassion for ourselves.

Renewing a commitment to intentionally being alive to our experience, moment by moment, can give us the courage to work with the grit of our lives, opening more fully to ourselves and to others. We can be connected to our deepest values and develop a growing trust in mindfulness practice. We can open to the vividness of life with all its changing qualities and possibilities. This can help us to deepen and sustain our practice in our daily lives beyond the retreat.

Most of our time on the retreat will be spent engaged in familiar mindfulness practices, including walking and gentle movement. The retreat leaders will offer daily talks and individual meetings. In this way, through a period of extended practice and silent retreat, we have a valuable opportunity to nourish ourselves with the gift of awareness and open to the richness of our ever changing experience.

On Friday afternoon we will end the silence and there will be an opportunity to share with each other our experiences of the retreat.

Accommodation and Location

Shepherds Dene is a beautiful Edwardian country house in a secluded, tranquil setting near Riding Mill, only 18 miles from Newcastle, with train and bus links to Riding Mill. The house has spacious accommodation and grounds, with stunning views across the March Burn valley. The venue offers a high standard of accommodation. All participants can be accommodated in single occupancy rooms. A reduced rate is available to those willing to share a room. Please let us know if you have any special needs. There is disabled access and a lift to the first floor. There is a fully accessible bedroom for wheelchair users. All food is freshly prepared on the premises and special diets can be catered for by prior arrangement.

The Teachers:

Susannah Crump

Susannah has discovered personal mindfulness practice to be a source of great sustenance in her life. She has been teaching mindfulness-based approaches since 2005. Susannah has a professional background in education and counselling. She trained in mindfulness-based approaches through the Centre for Mindfulness Research and Practice (CMRP), Bangor, and is now a member of the Centre's core training team. Susannah teaches MBSR in Northumberland, and also by Distance Learning for the CMRP. Since 2008 Susannah has been supervising trainees and more experienced teachers of mindfulness-based approaches and therapists using mindfulness-informed approaches. She enjoys and values the mutual learning and inspiration which arises from this work.

Gwennie Fraser

Gwennie has a research background in medical anthropology and she has been practicing meditation in the Tibetan Buddhist tradition for over eighteen years. She trained in teaching mindfulness-based approaches at the Centre for Mindfulness Research and Practice (CMRP), Bangor University, and she has also completed two years of Mindfulness, Compassion and Insight training with Rob Nairn, at Kagyu Samye Ling Tibetan Centre. She has been teaching MBSR and providing ongoing practice support in Northumberland and North-East England since 2007, and also teaches MBSR through the Distance Learning programme at CMRP. She supervises teachers and trainees at

CMRP, and as an associate of the Mindfulness Network CIC. She is currently completing teacher training for the advanced 8 week Mindfulness-Based Compassionate Living (MBCL) course. Gwennie finds mindfulness practice inspires her to keep opening to life, with all its challenges and possibilities, and she greatly enjoys sharing and facilitating the journey of practice with others.