

UK Meditation Retreat

Apr 24, 2024 - Apr 24, 2024

Uk Meditation Retreat

Thursday 25th -Monday 28th April



Our retreats are a deep and joyful experience and a great blend of meditation, kirtans (devotional chanting), satsang, nature walks, community, and classes on subjects related to the universal teachings of Yogananada.

For this retreat, the focus is on 'How to Find Safety, Security and Stability in a Chaotic World'. As it becomes ever-clearer that we cannot find these things in the world today, we can look deeper into teachings and practices that take us into the realms of true security – within ourselves.

Meditation doesn't take away the tests and trials that come into our lives, but a regular practice can give us an inner strength and understanding that carry us through turbulent times.

Nayaswami Uma from Ananda Assisi will be joining for this one and sharing her many many years of experience with us.

'Joy is within you'!

The retreat program includes: Morning and evening meditations, Kirtan, Inspirational classes and satsangs with Uma and other teachers, Ananda's 'Purification Ceremony', 24 hours of silent retreat from Friday evening to Saturday evening, Ananda's beautiful and uplifting 'Sunday Service', and time to connect with nature, with each other, and with your inner Self

This retreat is open to all who are interested in finding inner peace and stability, and who have some experience of meditation. Feel free to contact us if you would like to know more, or chat about the retreat before booking.



Prices

- Twin – Single Use Ensuite £495
- Twin – Sharing Ensuite £460
- Single with toilet, shared bathroom £460
- Single shared bathroom (Annex) £445
- Twin shared bathroom (Annex) £415

Terms of Booking:

Rooms are allocated on a 'first come, first served' basis – early booking is recommended if you want to secure a single use room with bathroom. Please read our disclaimer <https://www.anandauk.org/disclaimer/> and ensure you are fit to attend.

To book non refundable deposit of £50

Balance of the retreat is due by 15th February 2024.

Contact Leon at leondeith@aol.com 07808 060232

[Show less](#)

Schedule

Apr 24, 2024

[Yoga Ananda Holistic Centre](#)

leon and Nalini

Wed

4:00pm - 12:00am BST