

# Insight North East



**Come and join us for a weekend of walking and silent meditation practice in the Cheviot Hills.**

**Suggested Donation: £25**

## **Silent Mindfulness Retreat Friday 9<sup>th</sup> – Sunday 11<sup>th</sup> May 2014**

### **Barrowburn Camping Barn, Upper Coquetdale**



Insight North-East is organising a silent retreat weekend in Upper Coquetdale. Anyone with experience of meditation in any tradition is welcome to join us.

A silent weekend retreat is a great opportunity to take a break, deepen your meditation practice, heal, reflect and connect with nature. Simple vegetarian food will be provided.

There will be time to practise sitting

and walking meditation, yoga (or other movement practice) and outdoor walks.

There is no set charge, although you are welcome to contribute to the cost of the accommodation and food. A voluntary donation of £25 is suggested.

Barrowburn camping barn is a "stone tent" which provides basic accommodation for up to 17 people.

Formerly a school built in 1879, it is situated at map reference NT 869108 among breathtaking scenery in the Cheviot Hills. Far away from electricity, power for the lighting comes from the barn's own renewable energy supply.

Sleeping is on raised wooden platforms, with separate male and female sleeping areas. There are W.C.s and washing areas-with cold water only.

**To find out more call 07508 055643 or email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com)**



For more information or to book a place please email [walter@whitleybay.plus.com](mailto:walter@whitleybay.plus.com) or call 07508 055643

You can also visit: <http://insightnortheast.com> to find out more about Insight North East

You'll need to bring:

- Outdoor clothing
- A sleeping bag
- A sleeping mat or inflatable mattress
- Something to sit on
- A torch.

You don't have to be a Buddhist to join our group. Insight North-East is a non-dogmatic, secular group in which we are learning to take care of each other and help each other to develop ethical actions, mindfulness and wisdom in our lives. We are primarily interested in putting the Noble Eightfold Path into practice and understanding what it means for how we live.

Insight North-East is a group rather than a meditation class, so we are unable to offer instruction for people who are new to meditation. All practices will be self-guided

The daily schedule is expected to be as follows:

#### **Friday 9th May**

Arrive between 4-6 pm  
6-7 pm light meal  
7 pm welcome and introductions  
8 pm begin silence  
8-9 pm sitting practice

#### **Saturday 10th May**

6-7 am sitting meditation or early morning walk  
7.30 am breakfast  
8.45 am – 12.30 pm sitting, walking and mindful movement  
12.45 pm lunch  
1.45-4 pm outdoor walk (weather permitting)  
4-6 pm sitting, walking and mindful movement  
6 pm evening meal  
7-8 pm recorded dharma talk  
8 pm optional sitting practice

#### **Sunday 11th May**

6-7 am sitting meditation or early morning walk  
7.30 am breakfast  
8.45 am – 12.30 pm sitting, walking and mindful movement  
12.45 pm break silence and lunch 1.30 pm clean up  
2.30 pm finish

The theme of the weekend will be mindfulness and mettā (translated as friendliness or loving-kindness).

**“Smile, breathe and go slowly.”**

**Thich Nhat Hanh**

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