

"Finding Refuge and Spreading the Light"

We will focus on finding enduring refuge in the intrinsic purity of our own mind. There will be a balance of teaching and meditation.

If you haven't booked already there is still plenty of room available on the weekend.

Important : Please reply by Thu 19th January to book either the evening meal or the lunch and whether you would prefer the meat or vegetarian (vegan) option.

Timings :- *(Please note we will now finish at 5.15pm on Saturday)*

Registration from 3.45pm

Friday 27th January .. 4pm - 5.30pm ::: 6pm - 7.30pm

Saturday 28th January .. 9.30am - 11am ::: 11.30 am - 1pm
2.30pm - 3.45pm ::: 4.15pm - 5.15pm

Venue (non residential) .. Townley Hall, Townley St, Macclesfield SK11 6HZ

Meals

Friday 7.45pm - 8pm - Maliwan Thai Restaurant - Sunderland St

Cost £22 (which includes a tip) plus drinks

We have been able to pre book a table for 20 but more tables may be available on the evening.

Option 1 (Meat) - Starter : Chicken Satay, Prawn Toast - Main : Crispy Fish with Tamarind sauce, Chicken Panang Curry (coconut milk), egg fried rice & jasmine rice.

Option 2 (Vegetarian & Vegan) - Starter : Tempura Vegetables, Vegetable Spring Rolls : Main : Pad Khing mushroom, ginger, spring onion, Geang ga ree vegetables and potatoes in a yellow curry coconut milk, egg fried rice and jasmine rice.

Alternatively if you prefer a lighter bite, the Snowgoose (opposite) is offering Soup, Hot Dogs or Nachos (all vegan) and under £10.

There are also many other fine eateries in walking distance.

Saturday 1pm - Lunch at Townley Hall

Zaf is again bringing his wonderful hot lunch:-

Option 1 Meat - Spanish Stew (Chicken & Chorizo) served with rice and pitta bread (£8.00)

Option 2 Vegetarian & Vegan - Vegetable Curry served with rice and pitta bread (£8.00)

We will collect for the cost of the lunch at registration but please pay for the Maliwan evening meal at the restaurant.

A Reminder of the weekend details :-

Townley Hall is part of the United Reformed Church Buildings and the entrance is facing you right at the end of Townley Street.

The Hall is within walking distance of the Rail and Bus Stations and the Travelodge (Macclesfield Central).

As you leave the train station turn left down Sunderland Street, turn right down the side of the Jolly Sailor pub, walk straight ahead (car park on the left) to Townley Hall.

Carparks are located on Townley St, Pickford St, Park Green (footpath next to United Reform Church on Park Green leads round to Townley Hall, Duke St.

Fee for Retreat £25 (payable at registration)

Please note this only covers the organisers' costs (Hire of the hall, James travelling costs etc.) It does not include any fee for teaching.

Note from James - "In the Buddhist tradition, teaching on meditation is offered without charge so there is no set fee for the teaching offered this weekend. However if you wish to offer a donation (dana) to support the work of the teacher and those who help him, then please do so at any point during the event." (Donation envelopes will be available).

We realise these are hard times and if the £25 fee is unaffordable then please give whatever you can.

Please bring cash or a cheque as we do not have access to enable card payments.

Mats and Cushions

There will be chairs provided at Townley Hall but if you prefer to sit on a cushion please do bring your own with you.

To book a place, please email Sue and Anne at :: diamondheartfoundation8@gmail.com.

We look forward to welcoming you in January.