



GAIA HOUSE NEWS AUTUMN 08



25TH ANNIVERSARY
ISSUE

IN THIS EDITION

Dharma Article by Yanai Postelnik
Teachers in Focus
25th Anniversary Gathering

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BEING TOUCHED BY LIFE

We can spend our lives looking for something, having the sense that there is more in life to be discovered and yet not really knowing what that might be.

So much of what we encounter appears to refer to me, or affect me, and this often unquestioned sense of me seems bound together with the struggle to find meaning and satisfaction. There are also moments in our lives when we may sense that it is not all about what we think of as me.

Following the Dharma teachings of the Buddha and engaging in meditation practice can be seen as a process of relaxing and releasing the sense of contraction that centres around the sense of 'me' in relationship to everything else. In doing so we may sometimes feel the touch of life around us in a way that opens our heart and mind.

This experience may arise within formal meditation, or from something incredibly ordinary such as simply looking at a leaf or a pebble. In a moment of being present, something in the experience speaks to us in a language we've never heard before and yet understand immediately. It may be that we're experiencing our mind or our body or the whole world as completely different than we've ever seen or felt or known it before. And although it's clearly completely different, we recognise it.

How do we recognise something we've never seen before? How is something at the same moment completely new and fresh and yet completely familiar?

Being present asks us to be unafraid of the truth of our life – to turn towards it, rather than turning away from it through unconscious reactivity. When we're not in fear of life, when we're not in fear of the world, we begin to relax. When we're not in fear of what we conceive of as ourselves or as another, we quite naturally begin to open. We begin to attune to the vibration of life that is around us and within us. Sometimes we sense life vibrating in a resonance which communicates, that speaks to us in a way that doesn't need to be translated through our models and our images and our concepts, and in fact cannot be translated through them. This resonance reveals a sense of connection with everything and invites a questioning of how we have conceived our life. We feel something which touches us in a way that we can't explain. We may almost wish to dismiss it because it unsettles us, and yet we're drawn to let it in because something about the sense of it feels true, or authentic and meaningful.

In that moment, it's not really us having an experience of something else, it is more like conscious life knowing itself, in a particular form. We can see that we're all really the same stuff, this body is made of the same things as everyone else's body and the trees and the earth and it's born of earth, and water and air and fire - the heat of the sun. These elements come together to create this living form, that we conceive ourselves to be.

The experience of taking birth is a bit like landing in the ocean as a piece of ice that has just broken off a glacier in the South Pole. What we experience is a sense of being different or separate from what is around us. But as we practise being present, we start to feel into ourselves and our world. As we learn to stop trying to fix or control the experiences, what we can sense is that the world resonates in us and that we resonate in the world. Like ice dissolving in water, because ice and water are the same thing, but in a slightly different condition. One is in the condition of contraction and rigidity, and the other is in the condition of fluidity and spaciousness.

The dissolving of self is the dissolving of rigid boundaries, of limitations, of identifications, of views. When we don't have fixed boundaries, we are naturally unbound and it becomes clear that the boundaries and identities we hold on to are simply attempts to create something we can rely on. We also see that the only place we can really allow ourselves to rest is in the releasing of that compulsive fixation with pulling away from life. Then we can let ourselves go, release ourselves back into life, allow ourselves to dissolve.

Trusting in life as it is isn't something we can make ourselves do. Trust is something that we discover by letting go, by not believing those thoughts, habits and belief systems that suggest that we should not trust. So look for yourself, into your own experience - what happens when you let go? So much fear is born from our attachment to the sense of our separate existence.

As we begin to soften the sense of separateness, what do we notice? When simply present with life, not holding ourselves apart from it, what happens? In the resonance and the vibration and the communion that happens, there is a natural sense of kindness present, in that we care for life. And we can feel in a way that we may not be able to explain, that we are cared for, we are valued, we are of value. This is a remarkable discovery: to know that we are just a little speck on a small lump of rock hurtling through a vast universe, existing only for a period of time so short as to be just a flicker in the consciousness of totality, and despite all of that, knowing that what we are is precious beyond conceiving.

As human beings we tend to confuse being precious, which we are, with being at the centre, which we are not. Science tells us that our planet is not at the centre of the universe. What is it like to realise that the world does not revolve around us, any more than the cosmos revolves around the earth, as people once believed? And at the same time, to realise that we are truly precious? What is it like when we get that, we sense that: both in-significance and preciousness? So we're not at the centre of anything and yet our life is of immense value.

What happens when we rest in this not being separate, while seeing that everything is precious, deeply and profoundly so? Quite naturally the caring and kindness that is in us and around us flows to touch all things. That love is only held back by the illusion of boundaries, of separateness.



With the dissolution of those boundaries, it flows unfettered, unbounded. In this flow compassion and caring for the world are born, as the natural expression of understanding, as the natural expression of life.

Yanai Postelnik

Teachers in FOCUS



Martine & Stephen Batchelor

During their recent Study Retreat, I had the wonderful opportunity of meeting with both Martine and Stephen to ask them about their involvement and commitment to Gaia House, and also their areas of interest in Buddhist practice at this time.

Martine moved to Devon with Stephen after ten years as a nun in Korea. Stephen first met with Christina Feldman and Christopher Titmuss in India in 1974. However, it was only in 1984 when he had disrobed and moved to England with Martine, that he had his first contact with the original Gaia House in Denbury and started teaching there with Martine in 1986. In Devon they lived for six years in the community at Sharpham House and spent another nine years working for the Sharpham Trust. Throughout most of their time at Sharpham, they were part of the Gaia House "Committee" – as the Board of Trustees was then called.

During this period, Martine helped with certain practical aspects of the running of the house. She planned and organised the programme for six years. She was also involved in the support of the five or six managers who were 'running' the house at this time. This support included study groups and group meetings. Both Martine and Stephen were involved in the task of selling the old rectory in Denbury and moving to the new Gaia House in West Ogwell in 1996, the one we are all familiar with today. Following the move to West Ogwell, Martine continued to support the group of residential managers for a few months.

After that she started to give individual support to managers, sharing this with a larger group of teachers.

In 2000 Martine and Stephen moved to France. They continue, however, to be involved in Gaia House by being part of the Teacher Council, as well as leading their own regular retreats here each year.

Martine spoke of the continuous evolution of her writings, teachings and practice. This has included her great interest in: women and Buddhism, ethics and Buddhism, and more recently issues around our 'habits'. These ideas have been the core of her retreats, and often led to books. At present, Martine is again looking at the original Pali texts and at the 'spirit of the Buddha' in them.

Whatever her interests, Martine believes in the importance of questioning, reflection and looking to see how these ideas can be taught and become helpful to others. Martine finished our conversation with the idea that she was looking at our common inspirations and difficulties, and how we can share the path together.

Stephen is pleased that Gaia House continues to flourish. Like all organisations it has undergone a few crises but those guiding it have always stayed true to the culture and the silence. It has also managed to be financially responsible and is in a good situation to weather any changes which may arise.

Stephen talked about Gaia House being a place where he can explore new approaches to Buddhism with a sympathetic and committed audience. He talked about how he is now working towards a form of Dharma practice which is less and less tied to the doctrines and organisational structures of Asian orthodoxy, and more able to develop new forms without abandoning the core principles of Buddhist practice. What is important now is to find the secular voice in Buddhist practice, which is accessible to a larger constituency.

Stephen ended by saying how important the community of Gaia House had been in supporting his, and Martine's, work.

Martine and Stephen return to Gaia House in 2009. Martine returns in February, the Zen Retreat is scheduled for April over the Easter period and their study retreat is scheduled for mid-July. Further information, dates, costings and booking information will be available on our website after 1st November.

Editor

INTRODUCTION

We were pleased to have been able to celebrate 25 years of Gaia House with many of you in September. It was good to meet with old friends, and also some of our more recent visitors. It was a good day to reflect on what has been achieved, and to recognise how important the Dharma now is in Britain at this time of anxiety and change.

However, we do know that this year has been hard for many people. We are so pleased that, up to this time, the numbers of people coming on retreat have not decreased. There seems to be, at this time, a real thirst for learning about the Dharma and meditation practice.

In 2009 we have tried to keep our price increases as low as possible; this year the increase is in line with inflation – 5%. We are sorry as always this was necessary but there have been rises in so many of our key costs, fuel and food being two of the most important. It is a large building and oil costs alone have more than doubled in price. (As you will see from the article by the Executive Director we are also working to further 'green' Gaia House and decrease our reliance on oil).

We do believe, as appears to be the case from your feedback forms, that we are still providing something of value and importance.

We are also now looking forward to the varied, and I think exciting, programme of retreats we are offering in 2009. We are delighted to be able to welcome back Joseph Goldstein, and Kittisaro and Thanissara, with many important Gaia House friends/teachers also returning including Stephen and Martine Batchelor and Tenshin Reb Anderson.

We have a number of new retreats including a retreat for practitioners of MBCT (Mindfulness Based Cognitive Therapy) with Christina Feldman, and the first retreat for those on the new Committed Dharma Practitioners Programme; again with Christina Feldman, and John Peacock (open to all experienced retreatants).

We do hope that you will find you can further your Dharma journey with us this year.

Trustees of Gaia House Trust

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EXECUTIVE DIRECTOR'S REPORT

As I write this on one of the sunnier days of this cool damp summer, the house is quiet as we are between two large August retreats. I have now been Executive Director for over a year, and it is interesting to feel the cycle begin again. The 09 Programme is nearly finalised, and it is exciting to know that we will be sending it out to you with this newsletter.

This year, as you will read in the newsletter, Gaia House will have been offering retreats for 25 years. It has been a good time to reflect on our offering of the Dharma, and how we do this. In February there was a major Vision Day where teachers, trustees, supporters, managers and staff came together to consider the way forward for Gaia House.

For me, as Director, one of the key challenges that came from the day was our care and stewardship of this beautiful but old building. We want to continue, and strengthen our commitment, to the 'greening' of Gaia House in all our work.

Clearly, as the Trustees write, this is now not only ethically important, but economically necessary. We are looking at all the ways we use energy, and how we can work to decrease our carbon footprint.

At present, we are working on improving all forms of insulation: glazing, insulation of the roof and even considering other more radical solutions such as solar panels. We have also done our first fundraising letter for many years to help us raise money to minimise the amount of water we have to buy, and to save more of our often copious rainfall. Please help if you can.

We also want to make sure we are communicating well with all our retreatants. I have enjoyed reading your evaluation forms. Thank you for doing this, and please continue! We have also been reviewing our programme, newsletters, emails and website, and this is the first newsletter and programme in our new format. We hope the changed content will help you find the information you need about Gaia House and our retreats. We have spent time listening to our Reception Residential Volunteers (managers) on what are your most 'frequently asked questions' and hope you find the new Questions and Answer section helpful.

We also hope that you have found helpful the quarterly emails which we started this year. Some of you have now let us know that you no longer want paper communications. So...we will be ensuring that all our paper publications can be seen on our website. And in 2009 we will be developing our website too.

I want to finish by thanking Jo Fuller for her hard work and commitment as our first Retreat Co-ordinator. Jo left in August. However, I am delighted to welcome Rachel Davies, another former Reception Manager (like myself!) as the new Retreat Co-ordinator. Finally, I would like to thank everyone: managers, trustees, teachers and staff for their support during this year.

Kate Fyfe
Executive Director
Gaia House

THANKYOU

We would like to thank all those who have this year generously supported Gaia House by paying the new Sponsor Rate. The Sponsor Rate is an invitation to those who would like to pay a higher rate to keep Gaia House accessible to all. The extra money goes directly into the Retreatant Support Fund, which enables those who would otherwise not be able to come, to be on retreat at a much subsidised rate.

This rate has added an extra £3,300 to our Retreatant Support Fund in the first six months of 2008. On behalf of all those Retreatants helped by the RSF, we are extremely grateful.

HOW WE CAN HELP IF YOU NEED FINANCIAL ASSISTANCE TO COME ON RETREAT:

Retreatant Support Fund

The fund was established to help those unable to meet the costs of doing a retreat at Gaia House. It is financed by donations from other meditators, and by cancellation fees. It enables retreatants to claim up to 50% of the standard cost of a group or personal retreat for up to 15 nights within the year, and in any combination. For personal retreats of 30 days or longer, a further 15 days' support is available, making a total of 30 days within the year.

We very much welcome applications to the RSF; please contact our Reception team for further information. Please be assured that information on your personal circumstances will not be required.

FUNDRAISING UPDATE

Following our recent fundraising letter for environmental work at Gaia House, we are very grateful at the response received so far. In the first week you have already sent us nearly £1,000. Thank you, particularly considering the financial situation in which the world finds itself.

With appreciation from us all.



A DAY TO REMEMBER

GAIA HOUSE 25TH ANNIVERSARY

As we gathered on a beautiful, sunny and warm autumnal September day, we looked forward to what would be a day full of appreciation, expectation and gratitude. Teachers, retreatants, trustees, managers and staff, old and new, joined together to celebrate 25 years of Gaia House. We were able to spend time enjoying this wonderful space, appreciate what the Dharma has given us, and talk with so many friends.

People began arriving at 10am to see Gaia House looking splendid, thanks to the magnificent effort of the current serving manager community and staff group. The activities started with a sponsored walk/cycle organised by the local Sangha. It was so good to see these participants setting off on such a lovely day helping to support the Retreatant Support Fund.

We then all shared in the moving opportunity of planting an indigenous oak tree in the grounds to the front of the house which had been kindly donated to us by Moor Trees, a local charity regenerating native broadleaf woodlands. Each of us putting some earth to bed in the tree, it felt that we were making an offering to yogis for the years to come.



After a wonderful Gaia House lunch, we all gathered in the Meditation Hall for our Celebration Gathering led by Yanai Postelnik, our Dharma Director. Christina Feldman, our co-founder, spoke of the early days and how Gaia House has moved, changed and developed over the years. I think we all felt a huge 'thank-you' to all the early pioneers who made it possible for all of us to hear, and practise the Dharma. Later there were songs, reflections and Metta. I won't forget the moving songs written and performed by Faith Burch, nor, of course, the remarkably polished cabaret



performance by "AbbaDharma". A bow to all the five delightful performers singing 'Samadhi'. I am not sure whether it was the costumes, the words or the choreography that got the largest cheer! Much appreciation also to Bhante Bodhidharma for joining us to conduct a water blessing ceremony, with help from Amber (aged 5) a regular participant on the family retreat. Later, Yanai invited us to recognise and appreciate the many different groups who had been involved with Gaia House: managers, teachers, staff, trustees and retreatants. Each time he introduced a group we stood up as part of these groups; I felt such a real sense of the wider Sangha of Gaia House. Thank you Yanai, for holding this wonderful time together. We finished with a beautiful chant led by Catherine McGee, all of us joining together in directing loving-kindness to all beings.

As we left the Meditation Hall, we found more wonderful Gaia House fare on offer, including a very special 25th anniversary cake. We then had the opportunity to welcome some of our neighbours from West Ogwell and Denbury for afternoon tea.



Many of them had never been to Gaia House before, and they clearly found the house, garden and history tour fascinating.

It was a day of appreciation and thanks, and I would like to add my own:

To both founders of Gaia House, Christina Feldman and Christopher Titmuss.

To the many teachers who have offered the Dharma over the past 25 years.

To the vast number of unique individuals who have served as managers volunteering their time, and service, to enable the running of Gaia House.

To the many people who have been Committee and Trustee Board members, who have supported Gaia House in its development.

To all donors of every kind, who have enabled and continue to enable Gaia House to flourish.

To the staff team who support the managers, trustees and myself with loyalty and dedication.

And finally, of course, to all the retreatants: past, present and future, who have committed themselves to the Dharma and practice.

As the sun set, we enjoyed the last of the sunshine and many wonderful reflections on what had been an extremely special day together.

Kate Fyfe
Executive Director

On behalf of all those who attended and took part on our 25th Anniversary.

VOLUNTEER MANAGER OPPORTUNITIES AT GAIA HOUSE

Much of the day-to-day work of running Gaia House is undertaken by our wonderful volunteer manager community. Living and working together with a like-minded group offers a precious opportunity to deepen your practice and serve others.

The following positions are available in 2009.

Household – January 2009

Reception – February 2009

Maintenance – May 2009

Kitchen – June 2009

If you have experience of silent meditation retreats and are interested in exploring “service” and “community” as a Manager at Gaia House we would like to hear from you.

Telephone 01626 333613 or email pa@gaiahouse.co.uk for more information. With appreciation from us all at Gaia House.



CURRENT MANAGERS

Back Row: Gavin Milne, Doug Aitken, Justin Andrews, Karen Smith, Phil Wilks & Aoife Valley.
Front Row: Andy West, Richard Reid & Neil Croom

A MANAGER'S REFLECTION

As my time as a manager comes to a close here at Gaia House I am inevitably drawn to reflect on the experience, what I have gained from it, and what I would say to anyone considering having a go at it.

In short, I think the rewards have been, and probably will continue to be, virtually limitless. I cannot over emphasise how much I have got from the last 18 months in a number of different ways, to the point where it has not felt like service to others; more a case of serving my own wellbeing.

To my mind there is one proviso required to enable any future manager to enjoy such benefits as I have gained, and that is to arrive with the intention to engage wholeheartedly with everything that living, working and practising in community at Gaia House throws up, and of course this includes one's own internal process. This is often not easy! I was lucky because I was able to 'clear the decks' of my life prior to my arrival. So, generally speaking, I was not distracted by personal issues that arose away from Gaia House. I was free to focus on what was happening and on my own internal experience. Sometimes, unfortunately, circumstances ensure that this is not possible no matter how clear the decks may be at the start.

Even if the distractions are not there, it is tempting to look for them when the going gets tough; and it does get hard at times, sometimes very hard. But hang on and... surprise, surprise, it does change!

The opportunity is SO unique! Where else will you get the chance to live and work 24/7 with seven other people (there have been a total of 20 in my time, all of them surprisingly disparate!) who have been chosen by someone else!

The experience if fully entered into must surely be right at the 'cutting edge' of the 'breadth' of practice (i.e. investigation into relationship, communication and intention). And you can be quite certain that the other seven people in the community are exactly the people you need to be a manager with in order to learn what needs to be learned!

There are of course wonderful pleasures to be had too. Friendships that in a matter of months become perhaps deeper than previous friendships that have lasted for years and years. A chance to dismantle, behind the scenes, imagined barriers between teacher and practitioner. The opportunity to be supported in practice, both breadth and depth (formal meditation practice) in a way that you could not find anywhere else, so equipping you with a 'bag of tools' to assist in all aspects of future life.

Initially the difficulty for me was the risk of losing sight of who I am in the desire to integrate and ingratiate. But given time the richness to be found in community emerges.

Conflicts and even major personal issues happened and the pain turned into gold. My practice moved on in unpredictable but profound ways with each new turn prefaced by being able to go 'on retreat'.

I got into closer touch with who I am and how to be, learned greater acceptance of others, abandoned 'shoulds' and found a lightness, softness and love in depth of practice.

I became sure of my path, discovered faith and learned to tap the reliable resource of Buddha nature within.

But there is a limit to how long it is possible to engage with such a dynamic process. I wouldn't have missed a minute of it all, but it's time to leave and not a minute too soon! The future feels good.

Thanks to all the yogis for their gratitude; a constant and much-needed reminder within the maelstrom, of the wonderful treasure that is Gaia House. Heartfelt thanks and multiple bows to everyone who helps keep the good ship Gaia afloat.

Tom Channell

Jul 2008

Tom Channell left Gaia House in July having served 18 months in Household.

SANGHA INFORMATION

GOOD NEWS

IMPROVEMENT IN QUALITY OF RECORDED DHARMA TALKS!

For the last two and a half years I have been the manager of Insight Talks, a small non-profit business based at Gaia House, which takes care of the recording, distribution and archiving of Dharma talks given here. Many retreatants have told me that they welcome the opportunity to order talks at the end of the retreat because it provides them with a great resource in supporting their practice once they have left Gaia House and returned to daily life. The Gaia House library displays all of the talks given on retreats over the last 20 years or so, which continue to be made available to buy or borrow while you are staying here. Every year we also publish a collection of talks in the Insight Talks catalogue, which goes out with the Gaia House programme and is also on the Gaia House website.

Unfortunately, with the recording equipment we had been using until recently, we were not always able to guarantee getting a clear recording of the Dharma talks without some hissing or other strange electrical noises from who knows where! The good news is that in May this year Insight Talks was able to invest in some new, much improved professional standard digital recording equipment, and now we are pleased to say that we can offer consistently clear, pristine, high-quality recordings.



Talks recorded since April 2006 are available on normal CDs (or as MP3 files on a CD, which is a little cheaper), and any talks recorded previous to that are available on tape only. We are not able to take credit card payment, so all talks can be ordered by coming to Gaia House or by sending a cheque with your order in the post. For details on prices and how to order see the Gaia House website, Insight Talks catalogue, or email Insight Talks on insight.talks@gaiahouse.co.uk

Faith Burch
Manager of Insight Talks

Taking the Seat of Awakening: Insight Meditation retreat

**Bodh Gaya, India 17-27 January, 2009
With Martin Aylward and Yvonne Weier.**

Held in the beautiful Royal Thai Monastery, located just a few minutes' walk from the site of Buddha's awakening in Bodh Gaya. This annual retreat is a special opportunity to participate in a retreat in an Asian monastery, surrounded by nuns and monks, immersed in an atmosphere of Buddhist culture and practice generated by thousands of people from every Buddhist tradition who come to meditate in Bodhgaya.

For more information, visit www.MoulindeChaves.org, and click on the link for India. To register, email bodhgayamanagers@yahoo.com

Mountain Walking Retreat in the French Pyrenees

With Yanai Postelnik 5-11 July 2009

Following a very rich, powerful and enjoyable walking retreat this summer, in 2009 we will again offer a rare and wonderful opportunity to practise the Dharma while walking in the beauty and wilderness of the French Pyrenees, carrying backpacks and camping. We will spend time in silence, meditating together and in solitude, and also take time for sharing our experience and exploring the Dharma together. The retreat will require a reasonable degree of physical fitness as the route will involve some moderately challenging mountain terrain.

Contact Simon Thompson,
telephone 01803 840397
email: simonanthonythompson@yahoo.com

UK ONE DAY RETREAT INFORMATION

BRIGHTON

Sat 29th Nov 2008 – Catherine McGee

Sun 22nd Mar 2009 – Martin Aylward

Sat 16th May 2009 – Catherine McGee

Sun 7th Jun 2009 – Bhikkhu Bodhidhamma

Venue: The Bodhi Garden, 7a Ship Street,
Brighton

Time: 10am – 5pm

Cost: £15 (concessions available)
advance booking advisable

Web: www.bodhigarden.org for booking details

SHEFFIELD

Sat/Sun 24 & 25 Jan 2009 – Jake Dartington

Cost: £10/£20/£30 plus dana

Contact River Wolton on 01433 631350

Email: rwolton@phonecoop.coop

LONDON

Sat/Sun 15 & 16 Nov 2008 – Christina Feldman

Sun 7th Dec 2008 – Rob Burbea

Sun 25th Jan 2009 – Martine Batchelor

Sun 15th Feb 2009 – Ajahn Vimalo

Sun 22nd Mar 2009 – Martin Aylward

Sun 19th Apr 2009 – Stephen Batchelor

Sun 17th May 2009 – Catherine McGee

Venue: King Alfred School, 19 North End Road,
London, NW11

Sat/Sun 27th/28th Jun 2009 – Sharon Salzberg

Sun 5th July 2009 – Joseph Goldstein

Venue: To be confirmed

London Insight also run weekly courses, groups and study days please see our website: www.londoninsightmeditation.org.uk for further information.

You can now book online for all events.

OXFORD

Sat 22nd Nov 2008 – Yanai Postelnik

Venue: Iffley Church Hall, Church Way, Iffley

Sun 8th Feb – Martin Aylward

Sat 18th April – Martine Batchelor

Sat 13th June – Catherine McGee

Venue: Headington Parish Hall, Dunstan Road,
Old Headington, Oxford, OX3 9BY

Time: 10am – 5pm

Cost: £10 (£5 Concession)

Contact: Ally on 01865 747912 or
Brigid on 01608 811940

Web: www.oxfordgaiahousetreats.co.uk for
bookings and more information

CARDIFF

Sat 13th Jun 2009 – Yanai Postelnik

Contact: Tim Blanch on 01656 841625

e-mail: timblanch@tyeglwys.freemove.co.uk

BRISTOL

Sat 29th Nov 2008 – Christina Feldman

Sun 1st Mar 2009 – Martin Aylward

Sat 18th Apr 2009 – Stephen Batchelor

Sat 27th Jun 2009 – Catherine McGee

Venue: Oddfellows Hall, 20 West Park, Clifton,
Bristol, BS8 2LT

Cost: £12 (£9 unwaged) on the day or £8
(£5) in advance

Contact: Jo on 0117 963 5661 for availability
and general enquiries and or
Gordon on 0117 330 0727 email:
gordonadam@blueyonder.co.uk to sign
up for the ebulletin.

Web: www.bristolmeditation.org.uk

BARNSTAPLE, DEVON

Sat 15 Nov 2008 – Yanai Postelnik

Time: 9.30-5.00

Contact: Steve Handsaker: 01271 324736

Email: stevenhandsaker@yahoo.co.uk

UK SITTING GROUP REGISTER

We have now revised our sitting group listings and show you here only those located in the UK, our overseas listing had become so out of date that we have made a decision to remove them from the newsletter. If your name and details are not featured here and you run a sitting group in the UK then please do let us know and we can add you to this feature of the newsletter. Please keep us up to date with your plans so that we can ensure we always publish the most up to date information. Keep in touch via email on pa@gaiahouse.co.uk.

AVON & SOMERSET

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Elaine McCormick	01209 315266	Redruth
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sheranmurray@hotmail.co.uk		
Sophie Temple-Muir	01326 221651	Helston
sophiemuir@freeuk.com		

CUMBRIA

John Gerrard	01539 729793	Kendal
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DERBYSHIRE

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DECEMBER 2008 GROUP RETREATS AT GAIA HOUSE

**Heart of Kindness, Mind of Kindness
with Christina Feldman**

Fri 5 – Sun 7 Dec

Retreat Code: 8169

Cost: £96 (£82) £115

**A Path of Peace and Happiness
with Yanai Postelnik**

Fri 12 – Sun 14 December

Retreat Code: 8170

Cost: £96 (£82) £115

**Insight Meditation - The Path to
Freedom with Jake Dartington and
Caroline Jones**

Fri 19 – Sun 21 December

Retreat Code: 8171

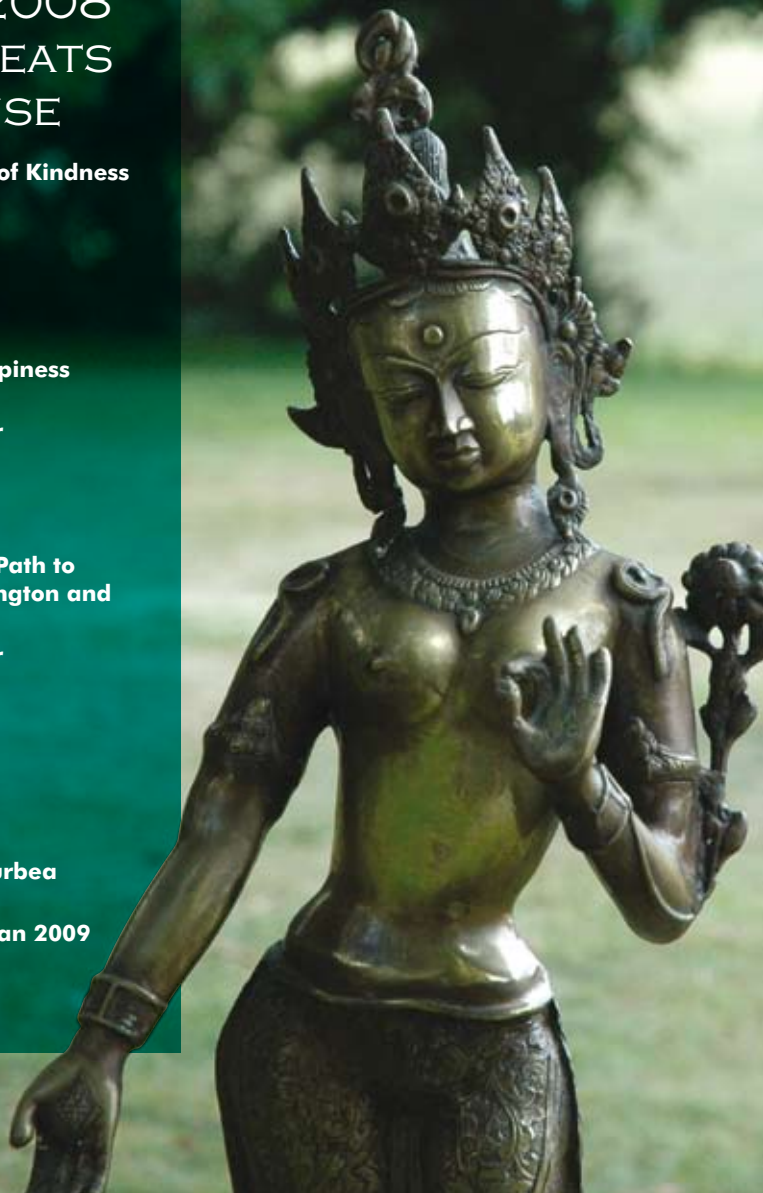
Cost: £96 (£82) £115

**Stillness and Insight
The New Year's Retreat
with Christina Feldman,
Catherine McGee, Rob Burbea
and Assistant Teachers**

Sat 27 Dec 2008 – Sat 3 Jan 2009

Retreat Code: 8172

Cost: £247 (£210) £296



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