

Fr Korko Moses SJ

Retreats in August 2019

Korkoniyas Moses (Swami Sarananada) is a Jesuit priest and spiritual guide from India, where he teaches meditation and works with addicts, alcoholics and people with disabilities.

August 3rd – Ipswich

One day meditation and mindfulness retreat at the Quaker Meeting House, 39 Fonnereau Rd, Ipswich IP1 3JH.

Fee £15 to include refreshments but not lunch (bring your own or buy locally).

Please book in advance. Contact Bal Kaur Howard by e-mail: bal_kaur101@hotmail.com

August 10th and 11th – Clare Suffolk

Two-day non-residential retreat, 'Paths to Enlightenment' at The Old School Community Centre, Callis St, Clare, Sudbury CO10 8PX.

Fee £15 per day to include refreshments but not lunch (bring your own or buy locally).

Please book in advance. Contact John O'Hanlon by e-mail: nolnahoj@gmail.com or phone 07789789799.

August 14th – Norwich

Quiet Day at Norwich Christian Meditation Centre norwichmeditation.co.uk/

10.30am - 3.30pm, at St Augustine's Hall_Gildencroft, Norwich NR3 1DS off St Augustine's Street, through the church courtyard (adjacent car park at Botolph Street, NR3 1DU.)

Fee £15/£18 to include refreshments but not lunch (bring your own or buy locally).

Contact is Debbie House by e-mail: debbie@norwichmeditation.co.uk

August 19th to 23rd – Bamford, Derbyshire

Five-day residential retreat 'The Ashram in the Peak' at the Quaker Community, Bamford, Hope Valley, Derbyshire S33 0DA

Fee £320 (single room) £280 (shared room) to include accommodation and vegetarian meals.

Booking essential. Contact John O'Hanlon by e-mail: nolnahoj@gmail.com or phone 07789789799 for more information