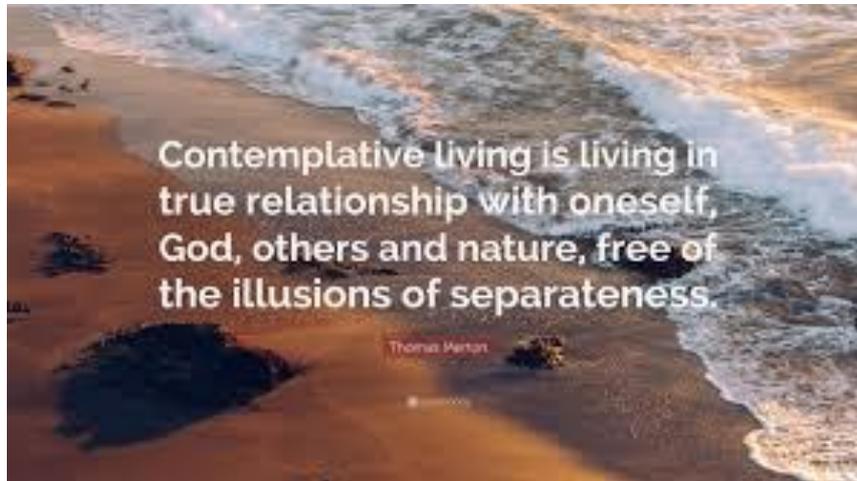


PRAYERFUL PRESENCE IN EVERYDAY LIFE

Christian Meditation Retreat at Kopua Monastery led by Ingrid Bryant



FRIDAY 1 SEPT – SUNDAY 3 SEPT 2017

This Retreat will offer a variety of activities such as sitting & movement meditation, teachings, joining the monks in prayer, our own time and exploring how we can bring more prayerful presence to our everyday life. Our everyday movements and activities like walking, doing the dishes, gardening or walking the dog can expand our contemplative practice into every moment, like an “unceasing prayer” and help us “live in true relationship with ourself”. I believe unceasing prayer means being present and responsive to the guidance of Spirit in our heart, rather than reacting out of our conditioned ego self with its limited pre-conceived ideas and opinions.

We can learn to “be still and know God” in all we do in everyday life. Arrival at the monastery is possible from mid afternoon Friday 1 September and the retreat will commence with a meditation and teaching around 7.30pm. The retreat will finish around 2pm Sunday.

Please email Ingrid Bryant inbryants@gmail.com for more information and to register.

The guesthouse has single rooms as well as twin share rooms. Numbers are limited to 11 participants (beds in the guesthouse) and will be on a basis of first in first served. Our meals will be provided by the monastery.

Registration for the Retreat closes on Sunday 30 July 2017.

A donation to the Kopua Monastery Community is appreciated.

Ingrid is the group leader of the Christian Meditation group at St. Andrews Presbyterian Church in Hastings and has been meditating since 2012. She is a movement awareness teacher of the Feldenkrais Method and believes that everyday movements can be a valuable contemplative practice that is always available to us as an extension to our daily meditation practice.