

## **In-Depth Retreat: How to Savour Life – Choosing What We Consume**

We are delighted to offer the first In-Depth retreat in Scotland at Wiston Lodge in Biggar.

### **Location:**

Wiston Lodge, Millrigg Rd, Wiston, Biggar ML12 6HT

More information about Wiston Lodge (including directions on the 'About Us' page) -

<http://wistonlodge.com/>

### **Date and times**

Thursday 9 August 2018 - arriving from 4pm for supper at 6pm, to

Sunday 12 August 2018 - finishing after lunch

### **Accommodation**

Accommodation will be in one of three bunkhouse cabins, each with two bedrooms, WC and shower. The rooms are small with no seating area, but we have the use of a fourth communal cabin as well as a sitting room in the main house. Bedding is provided - you will need to bring your own toiletries and towels.

Camping is also available. The camping and caravan site is in a large, tree-lined field with toilet facilities and easy access to showers in the main house.

All meals are provided for residents and campers.

### **Dharma Teachers – Murray Corke and Susanne Olbrich**

Murray is a longstanding member of the Cambridge Interbeing Sangha. He is a veterinary surgeon and conservationist, who enjoys working with wood, and sailing. He has been involved with Sangha Sailing holidays on the Norfolk Broads, and has been facilitating regular Interbeing retreats in Britain and Poland for a number of years.

Susanne became a dharma teacher in 2016. She discovered Plum Village and Thay's teachings in 1996, and in 2007 she became a member of the Order of Interbeing with the dharma name True Ever-present Stability. Susanne lives in the Findhorn community in the North of Scotland where she co-founded the Northern Lights Sangha. As a pianist and music teacher she enjoys encouraging deep listening and creative expression in people of all ages.

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## Wiston Lodge, Biggar

### 9-12 August 2018

Name .....

Are you/do you identify as:    female             male

Address .....

Telephone Numbers - Mobile ..... Home .....

Email address .....

All food will be vegan. Please indicate if you have other dietary requirements we can help you with .....

Do you have any mental or physical health issues that we need to take into consideration?  
 (This information will only be shared with those who need to know it, and will be treated as strictly confidential) .....

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 .....

Please choose from the options below:		Tick box
Cabin accommodation	£160	
Camping	£120	
Can you offer a donation to assist those who require bursaries?	Amount £	

There will also be the opportunity to offer Dana. This is a voluntary contribution to support our teachers, Murray and Susanne.

#### **Bursaries**

There will be some partial bursaries available. If you would struggle to pay the full cost of the retreat, please contact Lindsay at the email address below.

#### **Booking and payment**

Please return your booking form to Lindsay Lumsden at [linds.lumsden@gmail.com](mailto:linds.lumsden@gmail.com) or Mill House, Glenmillan, Lumphanan AB31 4PS. **Payment by BACS is preferred** to The Community of Interbeing UK - Sort Code 08-92-99, Account Number 65275935 using the reference WISTON. If you are not able to use BACS, please send a cheque made out to The Community of Interbeing UK with your booking form.

Your booking will be confirmed by email.

