

Tai Chi & Christian Meditation Retreat



Description:

This retreat uses some practises from Tai Chi to explore the concept of balance and energy and how they relate to prayer in the form of stillness and mediation. A truly mind/body/spirit retreat, Fr Peter uses the insights gained from 30 years of practise to guide you in how the body as 'a temple of the Holy Spirit' is very central to having a healthy prayer life. No previous experience of Tai Chi is necessary.

More Detail:

The retreat will consist of three elements: Lectio Divina and stillness meditation in the morning and then an outdoor session of Tai Chi in the afternoon. The aim is to harmonise the experiences and discover how the presence of God is central to each, bringing unity and depth to prayer.

Retreat Dynamics:

All our retreats are run along Benedictine principles with a balance between: prayer and work, silence and talking, and being alone and being in community. To do this we use the monastic rhythm of the day defined by the structure of the monastic services, along with the regular meal-times this establishes a balanced and healthy environment from which good reflection and discernment can happen.

What should my expectations be?

The retreat will include:

- A time for monastic services and Mass (once a day);
- A time for silence;
- A time for practising Lectio Divina (sacred reading);
- A time for listening to reflections;
- A time for discussion and asking questions.

In the afternoon there will be:

- A time to have space for myself;
- A time to walk in the Sussex countryside;
- A time to have a 1:1 with a monk (if you wish).

Our hopes for the Retreat:

You will leave feeling:

- That you have connected with God in some meaningful way;
- Rested and refreshed with a sense of joy and hope;
- You will want to return at some stage in the future.