

Mindfulness in Nature

Summer 5 Day Retreat

Come to a Mindfulness retreat, camping in a secluded mediaeval woodland near Cambridge

A Led Retreat

Silent space will be safeguarded, with optional times and spaces for mindful dialogue and sharing



August 5th-10th



Arrive Friday evening and leave Wednesday

Early Bird Rate: £250 (until July 1st) /

£295 thereafter – Limited bursary, ask if in need

Prices include tent space, access to sauna and hot tub, and all meals

For more information please contact us on 01473 356302 or 07950 802613 –

info@camretreat.co.uk – www.camretreat.co.uk

Guiding teachers are experienced Mindfulness-Based Intervention facilitators (e.g. MBSR, MBCT & ACT) and are members of the Independent Mindfulness Teachers Guild (East Anglian Peer Group)