

“Nature Awareness”

Monthly in Person Meditation gathering Session by

“Peace is the Wey of Guildford Sangha”

Sunday 6th August 2023

Location: Lower Bourne – Farnham – exact address TBC via What’sApp Group

Bell Master: Lawrence

Morning Programme:

* 9:30am - 10:30am: Nature Awareness Sangha, Farnham Heath walk / float in when you like and chat / sit with a book / cloud watching
* 10:30am - 11am: Tea/chat
* 11am - 11:30pm: Guided meditation - Facilitated by Michele
* 11:30am - 12pm: Touching the Earth - Facilitated by Sabry
* 12:30pm: Shared picnic, vegan lunch (everyone brings some simple vegan dish to share)