



## "Creative Mindfulness Day"

A Day of Mindfulness (DoM) by Peace is the Way of Guildford Sangha  
Sunday, 30<sup>th</sup> June, 2024 - 9:30 - 16:15

Location:

Farnham, Surrey - full address will be sent via the Sangha's WhatsApp Group

Attendees:

**Bell Master:** Lawrence



### Morning Programme:

- 9:30 - Arrival - welcome drinks
- 10:00 - Settle for introductions and timings for the day.
- 10:20 - Guided meditation
- 10:45 - Reading
- 10:55 - Dharma sharing
- 11:20 - Break tea/coffee
- 11:40 - Guided walking meditation. Followed by time to reflect and relax before lunch.



## LUNCH

12:30 - Buffet vegan/vegetarian lunch, hopefully to be enjoyed outside. Starting with the 5 contemplations followed by 10 minutes of silence.

## Afternoon Programme:

- 13:35 - Start to gather belongings, then head to a local school (5 mins away by car).
- 14:00 - Settle for a 'peacefully creative, courage with clay session' with a guided demonstration.  
15:30 - Finish creative session with the sound of the bell.
- 15:35 - Discuss, explore and propose a range of different formats and timings of activities and meeting sessions to roll out over the next six months.
- 16:15 - Farewells

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## Notes:

### What do I need to bring?

- **General:**  
A mug, a blanket and cushion, a yoga mat or similar (we have a deep relaxation session and the floors are wood!), herbal tea, juice or a drink of your choice. If you use oat or other non-dairy milk please bring that too.
- **Food:**  
Vegan/Vegetarian food to share either savoury or sweet. If you follow a gluten free or other special diet please bring the food you need.

'You are there and this makes us very happy...'

