Needlework and Mindfulness

'Resting the Attention' *with linen, needle & thread*

The itinerary for the weekend retreat at Nanpanton Hall

Friday 19th July

4.00pm Arrive anytime from 4.00pm

6.00pm Introduction to the retreat & workshops

7.00pm Dinner

8.30am Talk/discussion
'Introduction to mindfulness and meditation'

Saturday 20th July

7.00am Guided meditation *(optional)*

8.00am Breakfast

9.15am Talk/discussion: 'use of attention'

10.30am Embroidery workshops (with tea/coffee break)

1.00pm Lunch/free time

2.30pm Embroidery workshops
to include feedback led by tutors

4.30pm Free time

7.00pm Dinner

8.30pm **'The life of an artist'** *short fil*m & free time.

Sunday 21st July

7.00am Guided meditation *(optional)*

8.00am Breakfast

9.15am Talk/discussion: 'use of attention'

10.30am Embroidery workshops *(with tea/coffee break)*

1.00pm Lunch/free time

2.30pm Embroidery workshops
to include feedback led by tutors

4.30pm Final thoughts & departure