

MEDITATION AND DEPRESSIONS:

“GIVING UP WITHOUT GIVING UP”

A DAY FOR REFLECTION, SHARING AND PEACE

'What if the suffering that we call depression contains experiences and lessons without which we cannot be fully alive?'

In the course of the day we will explore such questions together in a safe and supportive atmosphere. Our main resource will be the shared practice of meditation. Meditators from all traditions are welcome, as are those new to meditation.

The day will be facilitated by:

Jim Green, oblate of the World Community for Christian Meditation and author of *GIVING UP WITHOUT GIVING UP: Meditation and Depressions* (Bloomsbury, 2019)

Edmund Giszter, psychotherapist and meditator

VENUE: Monastery of Christ Our Saviour, Turvey, Bedford MK43 8DH

DATE: Saturday 19th October, 2019, 10.30 – 4.00

COST: £25 (£20 concessions) – please bring whatever you want to eat for lunch. Tea, coffee etc provided.

Copies of Jim's book will be available at discount price.

For more information and to book, contact Jim Green:

givingup@greenjim.co.uk

