

DAY RETREAT

Returning to the Still Centre

Saturday 18th May 10am - 4.30 pm

at the Quaker Meeting House

21 Thorpe Road Peterborough PE3 6AB

(beside Crescent Bridge)

A day retreat exploring ways to maintain inner peace in an ever-changing world by walking one or more labyrinths. There will also be opportunities for mindfulness, relaxation and creativity, learning about the use of mantras and listening to readings from other traditions.

Hot and cold drinks available throughout the day.
Please bring a packed lunch.



To book a place, email quakerly@ntlworld.com
or telephone Daphne Lynas on 01733-756446

There is no charge. Donations for
the upkeep of the garden are welcome

Peterborough Quaker Meeting, a part of The Religious Society of Friends (Quakers in
Britain) Cambridgeshire Area Meeting, Charity No.1134537

Member of [The Small Pilgrim Places Network](#) and [The Quiet Garden Movement](#)