



**Quiet Garden Movement**  
sharing outdoor space for the inner journey



**MEDIA RELEASE – for immediate use**

**Quiet25 to celebrate 25 years of Quiet Gardens**

**The Quiet Garden Movement will celebrate 25 years of nurturing outdoor space for prayer and contemplation by publishing a new course in 2017 to help people explore the benefits of silence.**

The Quiet Garden Movement is a global network of over 300 gardens in homes, churches, hospitals and schools. Quiet Gardens are made available by local hosts for people of all ages to experience silence, and spend time in prayer and contemplation.

“The Quiet Garden Movement is about giving people permission to step back and experience a sense of stillness and wonderment,” said founder Reverend Philip Roderick. “We are delighted to offer the Quiet25 course as part of our ongoing work to help nurture silent space in our busy lives. It invites us to use the ancient Christian traditions of contemplation, meditation and prayer, which are known to deeply nourish mind, body and soul.

“Unhurried and undistracted time spent in the beauty of a natural environment, particularly wandering slowly or sitting and reflecting, focuses the mind in a way essential to wellbeing”. The world’s largest study into the links between rest and wellbeing, published in 2016, showed that ‘*being alone*’ and ‘*in the natural environment*’ were rated in the top three most restful activities (1).

The **Quiet25 course** takes people on a journey through a range of contemplative exercises and practices to explore silence and will be run by local groups. Over 5 weeks it introduces people to experience times of silence together in natural surroundings and explore the health and spiritual benefits of taking a regular time of quiet in nature.

On **20 May 2017**, the Quiet Garden Movement will gather in London to celebrate the accomplishment of the past 25 years, with speakers’ Revd Lucy Winkett (Rector, St James’s Church, Piccadilly), Rev Dr Andrew Walker (Director, St Marylebone Healing and Counselling Centre, London) and Revd Philip Roderick (Founder-Director, Quiet Garden Movement).

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#### **NOTES TO EDITORS**

(1) Rest Test Survey (2016): 18,000 people in 134 countries took part.

**Please contact us for advance copies of the Quiet25 Course resource, as well as articles, photographs and case studies of Quiet Gardens; plus opportunities to visit and experience a Quiet Garden, talk to a Quiet Garden host, and interview Rev Philip Roderick (Founder).**

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#### **ABOUT THE QUIET GARDEN MOVEMENT**

The Quiet Garden Trust is an ecumenical Christian charity that facilitates the Quiet Garden Movement, with the primary aim of nurturing low cost, accessible, outdoor space for prayer, contemplation, rest and inspiration in a variety of settings, such as private homes, churches, schools and hospitals. Find your local Quiet Garden and events at: [www.quietgarden.org](http://www.quietgarden.org)

Also find us at: [www.twitter.com/quietgardens](https://www.twitter.com/quietgardens) | [www.facebook.com/quietgardentrust](https://www.facebook.com/quietgardentrust)