

Booking Form

(You are welcome to photocopy this form if necessary)

PLEASE PRINT CLEARLY

Title, first name & surname of all participants (for labels)

Your address including postcode

Telephone

Email

Please return this form to **The Quiet Garden Trust at the address below**, along with your payment.

Cost: £15 per person (non-returnable).

I enclose a cheque for payable to The Quiet Garden Trust.

Please tick the box if you require a receipt. For a postal receipt, a stamped addressed envelope would be appreciated.

A programme and directions will be sent to you nearer the time, by email if possible.

Signature

Date

Post to: Quiet Garden Trust, The Rectory,
Dark Lane, Ewyas Harold, Hereford, HR2 0EZ



Quiet Garden Movement

sharing outdoor space for wellbeing and the inner journey



Exploring mindfulness and Quiet Gardens

Quiet Garden Movement Annual Gathering 2019

With guest speaker **Tim Stead**, author of *'See, Love, Be: Mindfulness and the spiritual life'* and *'Mindfulness and Christian Spirituality: Making space for God'*.

on Saturday 11 May, 2019

10am – 4pm

at St Mark's Quiet Garden, Haydock, Merseyside

www.quietgarden.org/ag2019



Join the Quiet Garden Movement for a day of exploring mindfulness and Quiet Gardens.

The day will take place at the Quiet Garden of St Mark's Church Haydock in Merseyside and include talks, practical workshops and discussion – with opportunities for silent practice and to meet with others from the Quiet Garden Movement.

We will be joined by **Tim Stead**, author of *'See, Love, Be: Mindfulness and the spiritual life'* and *'Mindfulness and Christian Spirituality: Making space for God'*.



Tim is an accredited mindfulness teacher and associate of the Oxford Mindfulness Centre. A former Church of England Vicar, he now operates as a freelance mindfulness teacher and writer.

Tea and coffee provided – bring your own packed lunch.

All are welcome but booking is essential please.

You can use our online booking system at:

www.quietgarden.org/AG2019

Or complete and return the book the booking form overleaf.

The Quiet Garden Movement nurtures access to outdoor space for prayer and reflection in a variety of settings, such as private homes, churches, retreat centres, schools and hospitals – and creates opportunities for people to experience silence, restfulness and contemplative practices, with regular quiet days and retreats being offered. There are over 300 Quiet Gardens worldwide.

Quiet Gardens serve their local community in a simple, low cost way, by providing space in a context of natural beauty. Find more information visit: www.quietgarden.org

St Mark's Quiet Garden, Haydock, Merseyside



Opened in 2010 the garden is on an area of formerly derelict ground adjacent to the church. It has informal, formal and wildlife areas for biodiversity, and a Spiritual Walk with Labyrinth. It is an intrinsic

part of the Eco-Church plan of St. Mark's, which also runs a café and community projects on-site.

The day will take place at St. Mark's Church, West End Rd off Park Street, Haydock. WA11 0AX. By car: Off the M6 Jnc 23. By rail to: St. Helens Central, Newton Le Willows (frequent trains on the Liverpool-Manchester route) or Earlestown (for services from Wales and the south via Chester), with local minibus pick-up.