



**The Janki Foundation**  
for Spirituality in Healthcare



## **PAUSE; BREATHE; COME TO ONE OF OUR 1-DAY SILENT RETREATS in 2022**

Venue; The Quiet View, Westwood Road, Kingston, Canterbury, Kent CT4 6FG ([www.quietview.co.uk](http://www.quietview.co.uk)).

About; These retreats are organised by the Kent Group of the Janki Foundation for Spirituality in Healthcare ([www.jankifoundation.org](http://www.jankifoundation.org)).

They provide an opportunity to spend time with yourself, to care for yourself, and to spiritually recharge. There is an hour's talk with suggested guided practices/exercises followed by 3 and 1/2 hours of silence. You can walk in the beautiful Quiet View Gardens, spend time in the Yurt, on the labyrinth, under the shelter, or reflecting in any of the meditation spaces. The time is yours. We will then come out of silence for the last half hour of the retreat day.

Who can attend? The retreats are for those working in health and/or social care. Ideally those who attend will have had previous experience of a silent retreat.

Dates;

Saturday 30th April 10.30 to 4pm, '**Spiritual Warriors Abide; How can we Play our Part?**' led by Lorraine Millard, Psychotherapist, Supervisor, Mindfulness Instructor.

Friday 15th July 10.30 to 4pm, '**Hope**', led by Rev Lizzie Hopthrow, Director Quiet View.

Saturday 8th October 10.30 to 4pm, '**Taking Care of Oneself**' led by Dr Julia Ronder, Child and Adolescent Psychiatrist, Certified Mindful Self-Compassion Teacher, Janki Foundation Co-ordinator, Kent.

The retreats are offered free of charge by the retreat leaders, but donations towards the maintenance of Quiet View are welcome (suggested donation £25).

In order to book a place, please complete this short application form by clicking on the link below.

[https://docs.google.com/forms/d/e/1FAIpQLScBj-1cFhvo3G3U\\_A\\_0SDihzwZ3RksOt8omW8RTIIS\\_x6FkMQ/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLScBj-1cFhvo3G3U_A_0SDihzwZ3RksOt8omW8RTIIS_x6FkMQ/viewform?usp=pp_url)