

Saturday 17 – Sunday 18 September 2016

2-Day Retreat:

The Journey from the Mind to the Heart: learning from the wisdom of the Christian mystics

Facilitator: Liz Watson



The weekend will weave together talks, periods of meditation, movement in stillness, reflection in solitude and in common.

Liz Watson, born in 1951, became interested in the Christian mystical tradition after returning to Christianity and beginning to meditate in her early forties. Previously she had pursued a career in public libraries after graduating from Manchester University. She has since studied for an MA in Theology writing her dissertation on 'Theology and Joy'. She is a member of The World Community for Christian Meditation (www.wccm.org), teaching, leading retreats and as a spiritual director. She recently contributed two chapters to the book 'Journey to The Heart' and recorded a CD of short talks, 'Images of Meditation'.

Venue	Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB
Time	Registration: 9.30am-10am. Retreat Days: 10am-5pm
Cost	£100/£80 (Concessions)

For a Registration Form: Contact: Neill Walker, mesp2016@hotmail.com, 0131 331 4469