



# LLANGASTY

## RETREAT HOUSE

1 to 5 October 2018  
The Beautiful Life

Led by Simon Parke

This retreat offers a contemplative experience, including input from Simon, meditation, sharing, silence and time for yourself.

Here you will find both community and solitude, rest and inner search, based on material in Simon's book *The Journey Home*, (originally published as *The Beautiful Life*.)

In a climate of safety and acceptance, we dare to contemplate the truth of ourselves, the place to which our journey has brought us.

And maybe also: what now?

As the *Gospel of Thomas* reminds us, 'Whoever searches must continue to search until they find; when they find, they will be disturbed; and being disturbed, they will marvel and reign over all.'

There is also the chance to see Simon one-to-one if you wish.

**Simon Parke** is CEO of 'The Mind Clinic', therapist, retreat leader and author. His books include *The Journey Home*, *One minute mindfulness*, *the Abbot Peter mysteries*, *Pippa's Progress*, *Solitude* and more.

Arrive 4pm Monday and depart after breakfast on Friday.

**Cost £330**

Llangasty Retreat House, Llangasty, Brecon, Powys, LD3 7PX

Tel: 01874 658250

email: [enquiries@llangasty.com](mailto:enquiries@llangasty.com)

[www.llangasty.com](http://www.llangasty.com)

Charity Number 1060743





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