



# LLANGASTY

## RETREAT HOUSE

### Taster Days 2017

Taster Days are designed to help those who have never been to Llangasty or been on Retreat to just dip their feet into the shallow end and have a 'taste' of what is on offer.

These informal days are a welcoming way of overcoming some of the misconceptions people have about retreats and quiet days e.g. "It's only for the super-spiritual"! Surely we all need some time apart – a time to unwind. There will be time to listen, relax and enjoy the atmosphere both inside and outside the house. We will spend some time in chapel for worship and some short reflection. Like many Retreats and Quiet Days, we will not be 'in silence'.

What will happen on a taster day?

- Coffee/ tea on arrival
- Brief talk about the house and its facilities and a short look around.
- Short talk about different kinds of Retreats
- Mid-day prayer in the chapel
- Lunch followed by rest or a walk about
- A look at Retreats available and Questions and Answer session
- Time of prayer in chapel
- Tea / coffee



Who can book up? All are welcome:

Individuals Church Groups Prayer/study Groups Groups of friends

First come, first served – so try and decide which date you would like to come and then book it – to just give us an idea of numbers, as a simple lunch will be included.

The day will begin with coffee from 10am, with a more formal start at about 10:30am and finish by 4pm, or earlier. If these timings cause problems, then please discuss with the House.

Dates available for the year:

**Tuesday 14<sup>th</sup> March**

**Wednesday 31<sup>st</sup> May**

**Thursday 19<sup>th</sup> October**

Cost £15 per head

For more information or to make a booking please contact:

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Charity Number 1060743