



## Daily Life

All our retreats follow a basic structure based on the following key elements.

- Three 40 minute meditation sessions a day in our tranquil meditation room
- Mindfulness work practice in the garden and woods
- Community living and fellowship in a small group
- Daily periods of silence, and one full day's silence.
- Inquiry led by Buddhist teachers

Although The Barn is not a fully silent meditation retreat, you will find plenty of opportunity to enjoy quiet times by yourself or with others. Throughout each day we seek to create a restful and contemplative atmosphere. The house is silent from 21h00 until 09h00 including a silent breakfast, and Wednesdays are completely silent. Further details on the weekly schedule are included below.

### Accommodation & Community Living

Each retreatant has a single room. During your stay at the Barn you'll be part of the Barn community consisting of up to 10 people. The Barn is your home. At the Barn we honour simple living, continuity, respect and care. All Barn retreatants have contributed in their own way to what the Barn is today... and so will you!

Retreatants take turns to cook lunch and share other household chores. Evening meals are prepared individually or in groups, as you wish. The afternoon is dedicated to individual practice, which includes meditation, Buddhist studies and walking in Nature. You are welcome to explore the Sharpham Estate and the surrounding countryside (please bring suitable footwear).

### Meditation

Meditation can bring a deep sense of calm and awareness. At The Barn we practise sitting meditation three times a day as a group in the meditation room. The retreat centre is non-denominational and you are welcome to use your own form of silent meditation or contemplation.

We can provide some basic instruction in Buddhist meditation practice for beginners. Our regular visiting teachers come three times a week to help deepen your experience of meditation and answer any questions you may want to ask. Teachings are drawn from various Buddhist traditions, though we warmly welcome people from all faiths. Profiles of our regular teachers are included below.



## Other activities available during the retreat

During term times there might be an opportunity to attend Dharma talks or yoga at the nearby Sharpham Trust (See [www.sharphamtrust.org](http://www.sharphamtrust.org)). A small donation is requested to attend (Yoga £6).

There is also an extensive tape collection of talks by various Buddhist teachers as well as an interesting library, which you are encouraged to use during your stay.

## Organic Gardening and Woodlands/Mindfulness Practice

The Barn grows most of its own vegetables, in organic gardens and poly-tunnels. When on retreat, you will be eating produce grown by previous retreatants. We spend our mornings gardening and working in the woodlands. This is a chance to learn new skills and to ensure that future retreatants enjoy fresh organic produce. The house is heated by a wood furnace, and the wood is chopped by retreatants. There is ample opportunity to practise bringing the awareness cultivated in our meditation into meaningful activity.



## Weekly Schedule

The weekly schedule at The Barn is thoughtfully designed to provide opportunity for both individual reflection and group meditation. It is important that you are willing to participate in working on the land and that you can commit to all the scheduled activities during the week. This includes three 40 minutes meditation sittings each day.

Time	Saturday	Monday, Tuesday, Thursday, Friday	Wednesday
6:50	Meditation	Meditation	Meditation
7:30	Morning tasks	Morning tasks	Morning tasks
8:00	Breakfast	Breakfast	Breakfast
9:00	Departure by 12:00	Silence ends; quiet mindfulness starts (House meeting on Monday preceded by teaching)	Continuous silence throughout the day
10:00-12:00		Working on the land and mindfulness practice	Working on the land and mindfulness practice
12:20		Meditation	Meditation
13:00	<b>Sunday</b>	Lunch	Lunch
14:00	Arrive by 16:00	Time for personal practice, reflection, reading, walking etc	Time for personal practice, reflection, reading, walking etc
16:00	Welcome at 16:15		
17:20	Meditation	Meditation	Meditation
18:00	Light evening meal provided	Light evening meal prepared individually or together	Light evening meal prepared individually or together
19:30	CD: Introduction to the Barn. Then own time.	Monday - CD; Tues & Thurs - Teaching by local Buddhist teachers; Friday - group sharing	Personal practice
21:00	Silence starts	Silence starts	Silence starts



# SharphamRetreats

Reconnecting people place & planet

## Current teacher profiles

The programme at The Barn is supported by local Buddhist teachers and visiting teachers from other centres and monasteries. These have included John Peacock, Christopher Titmuss, Stephen and Martine Batchelor. Teachers provide guidance on meditation and practice and answer questions from retreatants. This provides a focus for the practice exercised in everyday life.

**Mahesi** originally trained as a photographer. He then lived as a Buddhist Monk for 15 years in the Thai forest tradition. Since disrobing he trained as a homoeopath. At present he is setting up a business while pursuing his interest in the arts and teaching meditation on a regular basis in the South Hams.

**Martine Batchelor** lived in Korea as a Zen nun under the guidance of Master Kusan for ten years. She is the author of "Women on the Buddhist Path", "Way of Zen", the "Path of Compassion" and "Meditation for Life". She is a member of the Gaia House Teacher Council and founding teacher of Sharpham College. She teaches worldwide and lives in South West France. Her most recent publication is "Let Go", a Buddhist guide to breaking free of habits.

**Alan Lewis** has a degree in psychology, and later trained as a classical guitar maker. He went on to spend 17 years as a Buddhist monk in the Thai forest tradition, living in England, Sri Lanka, Thailand and Switzerland. He disrobed in Dec 2000 and now runs his own computer and database business in Devon. He teaches regularly at Sharpham.

**Jenny Wilks** has explored various Buddhist traditions since the late 1980's, and in recent years has practised insight meditation (vipassana) with several Western and Asian teachers. She also has an MA in Indian Religions. She has been teaching at Sharpham and the Barn since 2003, and has also taught at Dharma events in India and France, and in the internet-based programme: [www.livingdharma.info](http://www.livingdharma.info). She works as a clinical psychologist supporting people with cancer, and leads mindfulness-based therapy groups for healthcare staff and patients.

**Diana St Ruth** runs the Golden Buddha retreat centre together with her husband Dick in Totnes and is a Zen practitioner. She is the author of the following books on Buddhism: "An Introduction to Buddhism", "Experience Beyond Thinking", "Little book of Buddhist Wisdom", "Theravada Buddhism", "Zen Buddhism", "Understanding Karma and Rebirth".

**Rob Burbea** has been practising and studying Buddhist meditation and Dharma since 1985 with a variety of teachers in England and the USA. He has been teaching since 2004 and is currently Resident teacher of Gaia House Retreat centre and a member of the Teacher Council. He is co-founder of Sangha Seva, an organisation dedicated to exploring the Dharma through service work internationally.

**Catherine McGee** has practised and studied Buddhist meditation with senior teachers from Asia and the West for fifteen years. She has been teaching Insight Meditation at Gaia House and internationally since 1997. She is also a student of the Diamond Approach of A.H. Almaas.

**Ajahn Jutindharo** was ordained as a Buddhist monk in the Theravada tradition in 1989 and has lived in various monasteries in the UK. In 2006 he became the Abbot of Hartridge Buddhist monastery in Devon where he is currently residing.

**Bhikku Subhaddo** has been practicing Buddhism since 1973. After 12 years of practice in the Zen tradition and 18 years as a lay practitioner in the Theravada tradition, he ordained as a Buddhist monk in 2003. He lives at Hartridge Buddhist monastery in Devon.

**Kim Clancy** has facilitated group work for over 20 years. She has studied and practised Buddhism since 1990 and the Work that Reconnects since 1994. She teaches regular courses on the Work that Reconnects, together with courses on creativity and spirituality. At the Open University she teaches Cultural Studies and Psychology. Her work explores individual and social transformation and the strategies that creatively support this process.

**Ajan Gandhasilo** was ordained by Ajahn Sumedho at Chithurst Buddhist Monastery in 1990. He has lived in all the four UK Monastic Viharas and monasteries associated with Chithurst. He grew up in Hertfordshire, long before Amaravati Monastery took form - where he currently resides.

## Further information

See our website [www.sharphamtrust.org](http://www.sharphamtrust.org) for further details and booking information

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