



# The Sharpham Programme

## | Meditation | | Gardening | | Community |

The Barn is situated in a beautiful part of South West England overlooking the river Dart. It provides a tranquil and supportive environment for meditation, contemplation and enquiry. We are a small centre offering retreats for up to 7 people. You are welcome to stay from one week to six months. Accommodation is in single rooms.

Barn retreats are a unique mixture of meditation, community living and working in our organic gardens. Experienced teachers facilitate discussions and offer guidance on meditation practice.

Our retreats are based on Buddhist traditions and are non-denominational. All are welcome!

For programme details, please see our website or contact us at the Barn.

email: [barn@sharphamtrust.org](mailto:barn@sharphamtrust.org)

Tel: 01803 732661

[www.sharphamtrust.org/barn](http://www.sharphamtrust.org/barn)

DESIGN: [www.samskara-design.com](http://www.samskara-design.com) 01803 840956 Photos: b/c & inside Emma Kidd, f/c Samskara Design

The Sharpham Trust, established in 1984 by Ruth and Maurice Ash, comprises 550 acres of sustainably farmed land following a stretch of the River Dart for almost 3 miles between Totnes and Dartmouth.

Today as we seek to discover ways to live sustainably and meaningfully at Sharpham we invite you to participate in our charitable programme and to join us during our seasonal open events.

**Sharpham House** and gardens overlooking the river offers a range of talks and courses exploring ways of living in the contemporary world through mindfulness, art and nature. It is also possible to book the house for your own group. **01803 732 542**

**Sharpham Outdoors** provides environmental activities, forest school, crafts and conservation for groups in or out of education as well as a public programme. **01803 732 799**

**The Barn Retreat** Buddhist Meditation, gardening, and community living for periods of one week to six months in a converted Barn on the estate. **01803 732 661**

### *Tenanted farms on the estate include:*

**Sharpham Wine and Cheese** producing high quality wine from its vineyard and cheese from the milk of its Jersey cows. 01803 732 203. The Vineyard cafe is open from May - September. 01803 732 178

**Robert Owen Community** at Lower Sharpham Barton provides working opportunities for adults with learning disabilities on its bio-dynamic farm. 01803 732 502

**Higher Sharpham Barton Farm** is also bio-dynamic, rears cattle for beef and runs a family camp each summer. 01803 732 324

Further details of the Sharpham Estate can be found on our website or by contacting us.

**The Sharpham Trust, Ashprington, Totnes, Devon, TQ9 7UT.**  
Charity No.285767 Company No.1659601  
[www.sharphamtrust.org](http://www.sharphamtrust.org)

## The Barn Retreat





## REGULAR RETREATS

Barn retreats help us to develop a mindful approach to our everyday lives. We focus on increasing mindfulness in our morning work practice on the land, and also in communication within the Barn community. Three 40 minute meditation sessions a day, silence from 9.00pm to 9.00am and all day on Wednesdays, and enquiry led by Buddhist teachers all support and enhance the Barn experience.

Occasionally we add a theme or invited teacher to our community retreats, these are listed below:

## PROGRAMME

Community Retreats at the Barn are scheduled **every week** throughout the year and run from every Sunday through to Saturday.

Cost £175

## ADDITIONAL RETREATS

### JANUARY

**Barn Hatha Yoga retreat** with Neville Cregan

January 24 – 30 £225

The barn retreat structure will be supplemented each day with a 1½ hour yoga session, enhancing and sustaining the meditation practice.

### FEBRUARY

**Barn retreat** with guest Martine Batchelor

February 14 – 20 £175 plus dana

A standard Barn retreat with Martine joining us for two of the teaching sessions.

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.

### APRIL

**Organic Garden Retreat**

April 11 – 17 £175

Facilitated by gardener Kate Davy and our residential assistants, this retreat will follow the standard Barn structure, and offer the chance for a greater focus on organic gardening and practical learning.

### MAY

**Organic Garden Retreat**

May 16 - 22 £175

Facilitated by gardener Kate Davy and our residential assistants, this retreat will follow the standard Barn structure, and offer the chance for a greater focus on organic gardening and practical learning.

**Barn retreat** with Tan Subhaddo

May 23 - 29 £175 plus dana

Tan Subhaddo, a Theravadan Buddhist monk following the Thai forest tradition, will help retreatants to be in the present moment throughout the day, in all situations.

### SEPTEMBER

**Barn retreat** with Ajahn Jutindharo

September 26 – October 3 £175 plus dana

Ajahn Jutindharo will give daily dharma talks, meditation guidance and one to one interviews. He will also join retreatants for informal discussions in the afternoons.

### NOVEMBER

**Photography and seeing as mindfulness** with Rosie Holmes

November 7 - 13 £225

This will follow the barn structure each day with 5 afternoon 1 hour sessions added exploring photography from a mindfulness-based perspective and learning practical techniques.

**Hatha yoga retreat** with Claire Parker

November 21 – 27 £225

The barn retreat structure will be supplemented each day with a 1½ hour yoga session, enhancing and sustaining the meditation practice

### DECEMBER

**Christmas Retreat**

December 22 – 28 £195

Experience the peace of the Barn Retreat over Christmas. Join others to spend a week of simplicity centred on meditation in the Buddhist tradition. There will be periods of outdoor work, walks and community living in a friendly environment.

**New Year Retreat**

December 29 – Jan 4 2011 £195

Start 2011 with the space to reflect on the year just passed and time to contemplate how you would like to spend the year ahead. Join with others to meditate, garden and share communal tasks in a stunning natural environment.

