

"SHARING the QUEST" retreat with Muz Murray 23 to 27 JULY 2008: MINEHEAD, Somerset (UK)

Dear Friends in Mantra,

I'm delighted to say that after much hard searching Muz has found a venue for his 2008 mantra family gathering. Those of you who have been to the 5 day mantra workshop before will know that it was, for a long time, held at Grimstone Manor in Devon. Grimstone is now being sold and so cannot host our mantra gathering. Last year we had a deeply spiritual time on the usually sunny Isle of Wight, and found ourselves enduring some very rough weather indeed!

So for 2008 we are looking forward to a comfortable and beautiful time at Croydon Hall, in Somerset.

In his very special "family gathering" Mantra master Muz Murray works from his heart creating an unique and powerful atmosphere wherein our own hearts open and blossom. Muz calls his 5 day summer retreat his "spiritual family gathering". Those of you who have attended in the past will know that this name is very appropriate as our hearts open, past hurts are healed, and we have that wonderful sense of being "at home" with ourselves and our companions.

The workshop typically includes:

Mantra and Pranayama- there are very few masters who truly can teach us the power of mantra, which quiets the mind and leads us directly to the peace within.

Satsang - where Muz will answer your questions with his wisdom and warm heartedness.

Agni Hotra- fire blessing ceremony.

Bed time spiritual fairy story- a warm hearted deeply spiritual fun fairy story written and read to you by Muz himself.

The workshop may also include yoga nidra -deep relaxation of the body,zen walking or a selection of other techniques which will purify and focus consciousness.

The Venue

You can take a look at the venue for yourselves - www.croydonhall.co.uk Muz is hiring the acoustically vibrant Rinzai Hall for our workshop sessions. Cushions and/or chairs will be provided.

Facilities at Croydon Hall include an open air heated swimming pool, hot tub and aroma steam capsule...and hot drinks throughout the day whenever you want...the use of all all these are included in the workshop price!

For a little extra you can have a sauna session...(sauna sessions cost £4.50 for 3 hours).

The workshop price include full board with a buffet style breakfast, set lunch and set dinner. All food will be vegetarian and if you have special needs the caterers at Croydon Hall will cater for vegan and gluten free diets at a supplementary charge of £1.60 per meal. But please if you do require a special diet you need to let us know 2 weeks before the workshop starts.

Accommodation is on a shared basis. So many good and lasting friendships have grown from accommodation sharing during the years at Grimstone Manor. Rooms range from a large room with 5 beds to rooms with 2 beds. We will do our best to accommodate you with your friends, if requested, and if your new to the gathering we will place you intuitively and sensitively. A few single rooms are available for a supplement on on first come first served basis.

Travel

Croydon Hall provide comprehensive travel advice for all participants on their website. They will also book taxis for you from Taunton or Bridgewater and will also book couch service from London to their door (currently £29 each way). Please let us (Tarananda and Josephine) know a few weeks before the workshop if you will be booking a taxi and are looking to share it (or your own car) with other workshop participants and we will do our best to put you in contact with each other.

Dates and Times

The workshop will begin with dinner (about 7pm) on Wednesday 23rd July 2008 and continue until after lunch on Sunday 27th July 2008.

You are welcome to arrive anytime in the afternoon of Wednesday 23rd July to relax and settle into your rooms. Muz will lead us in 3 sessions each day -

After breakfast until lunch, then from about an hour after lunch until evening meal with a short break for afternoon tea. Then again after the evening meal for an evening session. All these sessions will take place in Croydon Hall's Rinzai Hall.

The workshop will be concluded with lunch on Sunday 27th July 2008, but....

For those of you who prefer to travel home on Monday 28th July 2008 and would like to stay on for an extra relaxed informal evening in the company of Muz and old and new friends - Croydon Hall will gladly accommodate you for the night on a bed and breakfast basis. Cost approx £40 for shared accommodation (Sunday night evening meal is extra at a cost of approx £9.75).

Tariff

Whats included -

All tuition and sessions lead by Muz

Accommodation

Full board

Use of swimming pool, hot tub, steam capsule.

Hot drinks throughout the day

Use of Rinzai hall and the comfortable relaxing environment of Croydon Hall.

The fully inclusive price of the workshop is £390 per person

There are a few single rooms on a first come first served basis for a supplementary charge of £10 per night for room with shared bathroom facilities or £22 per night for single en suite accommodation.

Extra nights b&b cost approx £40 for shared accommodation (single supplements apply).

Deposit

Please send £100 per person deposit at time of booking plus £20 if you require and extra night shared accommodation b&b.(or plus £30 if you require single room extra night b&b).

Final payment is required 4 weeks before the workshop starts.

Well thank you for reading this far...such a lot to read I know! We really do hope to see you in July for this wonderful workshop. Please please do book as very early as you can. It is such a beautiful and valuable experience.

Contacts

Please send all bookings and deposits **up until 20th January** to: Tarananda & Shiva, "Aruna Cottage", 43 Allotment Road, Niton. Isle of Wight, PO38 2DZ

Email: tarajaprema@yahoo.co.uk Tel: 01983 731223

(Please make these deposit cheques out to **Ms T Osborne**)

Then we will be popping off to India and leaving the bookings in the very capable hands of our dear friend Josephine (I will coming home in time to help Josephine and to make sure all rooms are allocated and everything is hunky-dory).

So please **AFTER 20th Jan 2008** send your bookings and deposits asap to: Josephine Ormerod, 22 Barnfield, Much Hoole, Preston, PR4 4GE

Email: josephineormerod@hotmail.com Tel: 01772 616274

(Please make these deposit cheques out to **J Ormerod**)

With much warmth,
Tarananda