



Young...

# Living Different

A Meditation Retreat  
for Young Adults

Abbaye de Bonnevaux,  
July 24-31, 2019

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Beginning the  
Camino to Compostela  
First hundred km,  
August 1 to 4

... is a state of mind not just a metric: this retreat is designed for meditators between 20 and 40 — generations trying to deal with an increasingly atomised and distracted world. Those with more experience of life will be of help to the younger and the younger can help re-energise the older. The retreat is in two parts: days at Bonnevaux sharing in the life of the community, meditation, worship, work and study and days walking the Camino. The Camino is optional so please let us know if you are interested as places for that are limited.

Through meditative practice, bodywork, teachings, creative expression and spiritual direction an experience will evolve that can be applied to your life as a whole. You can work each day on the land and our new organic farm project. The schedule offers time for meditation, silence and yoga, as well as creative activities such as drawing and painting, writing, music, and dancing.

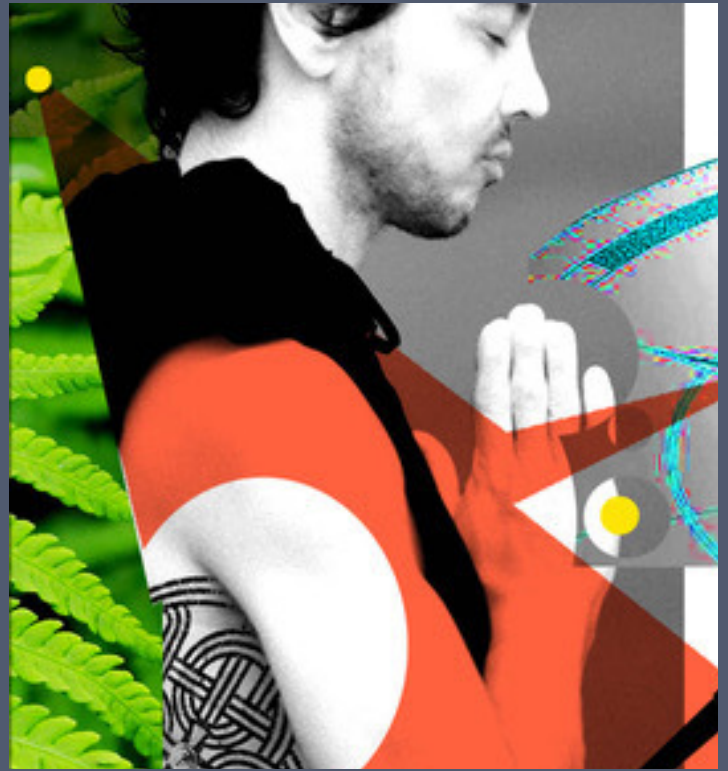
For anyone wanting to train their contemplative side it soon becomes obvious that friendship is a necessary strength for sustaining your practice. This will be a theme and, we hope, a personal discovery of this retreat.

The retreat is designed to train a new generation of contemplatives - in the world, in marriage and work done for a better world - as active participants in building just and compassionate communities. Through immersion in the Christian mystical tradition and the legacy of John Main OSB, who brought meditation back to the centre of Christian life, you will be challenged to find fresh applications for the rich heritage of contemplation shared by the WCCM. Fr. Laurence Freeman, OSB, monk and Director of WCCM, will lead the retreat with the help of experienced teachers from within the WCCM.

## The Camino



A retreat is an inner pilgrimage. In all traditions walking to a sacred place is a symbol of this - though in modern times we have largely lost the sense of physical pilgrimage and replaced it with tourism. Bonnevaux is right on the ancient Paris/Tours portion of one of the most ancient Christian pilgrim walks - the Camino to Santiago de Compostela. So, after the retreat we will spend 3 to 4 days walking this Way. We plan to walk about 20km each day, some of it walking in silence and some getting to know each other as we walk the talk together.



We will meditate at intervals and stay in simple accommodation as is the custom.

We will walk in small groups - the first departing on 1 August and the second group departing the following day.

You will need to bring a hiking backpack (not too much stuff) and good walking shoes that have been broken in. You will be able to leave some of your personal belongings at Bonnevaux as the group will be returning to Bonnevaux at the end of the 4th day. For those wanting to continue walking beyond the four days you can keep in touch with the group by sending photos and stories.

Please let us know if you will be joining the Camino to Santiago de Compostela.



Retreat cost per person: € 550

More Info & Registration: [nick@wccm.org](mailto:nick@wccm.org)