

SANGHASEVA AND DANCE

MIDSUMMER WORK RETREAT

WITH KIRSTEN KRATZ

WORKING TOWARDS A SUSTAINABLE FUTURE

19-24 JUNE 2016

This Sanghaseva/ DANCE retreat offers a unique opportunity to combine working outdoors at the ecological flagship Centre for Alternative Technology (CAT) with meditation and reflection.

We will stay in one of CAT's Eco Cabins as we work onsite to support the community. The days' activities will be framed by meditation and contemplation, and some time each day will be spent in silence.

The retreat is open to all, those new to meditation as well as those with experience.



**AT THE
CENTRE FOR
ALTERNATIVE
TECHNOLOGY
POWYS, WALES**

For more information and to register please visit
www.sanghaseva.org

DANCE • Dharma Action Network for Climate Engagement
www.theDANCEwebsite.org

