



THE SCHOOL OF  
CONTEMPLATIVE LIFE

# *ESTABLISHING PEACE IN OURSELVES*

An introduction to meditation

An experiential workshop introducing meditation in the Christian tradition as a simple but radically effective path to greater peace, wellbeing and community.

Through a series of short talks, meditation practice and conversation we'll explore:

- **Forming a new relationship** with life characterised by greater freedom, wellbeing and compassion
- **Establishing peace in ourselves** so we can be places of peace for those around us
- **Taking what we have encountered out** into our daily life and places of work

Over 1,000 leaders and teachers across the country have experienced the Establishing Peace workshop during the last year.



"I thought the workshop was exceptional! I cannot begin to describe the clarity and energy I felt since the session."

HEAD TEACHER – PRIMARY SCHOOL



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### *What's it all about?*

Meditation is not about mastering techniques, it's about living our ordinary lives extraordinarily well. Meditation is the quiet, steady work of being fully present to the gift of our life. Which means it's also the quiet, steady work of being present with and present for those around us.

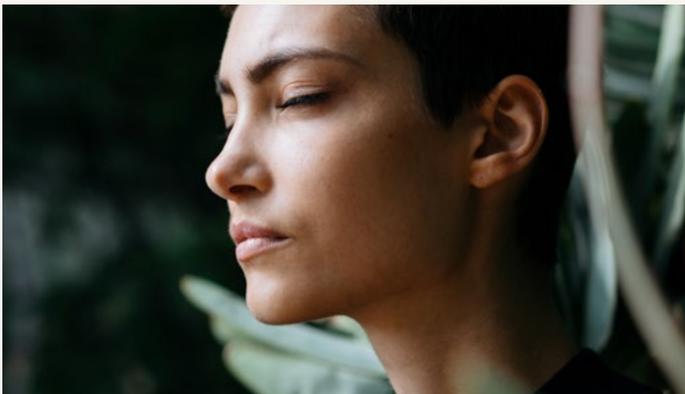
### *What people are saying*

"It's hard to express the significant difference the practice makes. I asked a colleague whether they thought the practice was having any effect on me. I was genuinely shocked by their reply – that in the 10+ years they have known me, they have never seen me so calm and balanced, despite us facing the toughest challenges we have ever faced, and that my greater calmness was becoming infectious across the organisation."

PRINCIPAL - SECONDARY ACADEMY

"I just wanted to profoundly thank you for the incredible, enlightening and peaceful workshop. The aura of wisdom, calmness and hope you exude and project through your words and teachings were very exciting and inspirational and I thank you for that. It felt at times like I was a Jedi under the tutelage of a modern-day human Yoda!"

TEACHER - SECONDARY SCHOOL



### *Workshop leader*

Christopher Whittington was introduced to meditation at the age of 19 during a period of formation at a Benedictine monastery, after which he studied at the Dalai Lama's monastery in India.

Chris regularly delivers talks, workshops and retreats across the UK and has introduced meditation to the leaders and staff of hundreds of schools. He is also Head of Education at a unique social purpose law firm.

### *For more information*

If you'd like more information about this workshop or a conversation about how to introduce meditation into your school, please contact us via the details below.

The School of Contemplative Life is supported by internationally known teachers, including Revd. Dr Rowan Williams, the former Archbishop of Canterbury, and Fr. Martin Laird OSA – one of today's foremost teachers of contemplative practice.