

Kent Chan Group

Day retreats in 2025 at St Benedict's Centre, West Malling

Retreats offer a wonderful opportunity for extended practise in supportive conditions, helping us to deepen our appreciation of meditation and Buddhist teachings. Our retreat days are led in silence, and include sitting and walking meditation, and other mindful movement practices.

Schedule

The retreat runs from 10am to 4.30pm. We ask that you aim to arrive no later than 9.45. The day includes a break for lunch of around 45 minutes, and there are breaks in the morning and afternoon too.

Do I need any previous experience of meditation?

Our day retreats are designed to offer an immersive experience in meditation practice. Throughout the day we will be alternating between sitting and moving practices. Each sitting meditation period may last for up to 30 minutes, therefore the retreat is best suited to those with some prior experience of meditation practice.

Facilities at the St Benedict's Centre

We have access to a large meeting room, a sitting room for use in the breaks, a kitchen and our own toilets including an accessible toilet.



What do I need to bring? What is provided?

There is water, tea, coffee and non-caffeinated hot drinks provided throughout the day. Please bring your own lunch.

For our sitting practice, you have a choice of meditation cushion and mats or sitting on chairs. You can of course bring your own meditation equipment, and if you wish to do that then please let us know so we can work out what we need to bring with us on the day. There are spaces for walking outside on well-surfaced paths. If the weather is good, we will do some walking meditation outside, so please bring suitable footwear and clothing for the time of year. Loose clothing is also recommended for practising in comfort.

Cost for the day

This is voluntary depending on your circumstances. If possible, a donation of £25 would be appreciated to help cover the costs of the room which have increased for 2025. If you are able to, we would appreciate payment by bank transfer to save handling lots of cash, but cash is fine if you prefer.

Here are the bank details.

Account name: Stuart McLeod

Account number: 02415813

Sort code: 08-93-00

Get in touch

If you have any other queries, please email us at kentchangroup@gmail.com



Getting to the St Benedict's Centre

The Centre is located just off the high street at 52 Swan Street, West Malling, ME19 6LW. It is just over a 5-minute walk from West Malling railway station if you plan to come by train. We can collect you from the station if needed. If you are driving, the venue is close to the M20 and A20. Below you can see a photograph of the access point to the car park. On the next page there is an aerial view showing the location of the centre in relation to the car park. From the car park, take the path down towards the courtyard. The entrance is in the far corner.

If you need any help with transport or you would like to car share, please let us know.



Entrance to St Benedict's Centre car park





Car Park entrance

Car Park

Entrance to Centre