



South Devon Chan Group

Residential Weekend 5th - 7th June 2026

“The Eight Worldly Concerns. How can we free ourselves?”

Led by

Alysun Jones

At Karuna Dartmoor, Natsworthy Manor, Widecombe-in-the-Moor, TQ13 7TR

<https://www.karunadartmoor.co.uk/>

To celebrate 20 years of South Devon Chan Group we are holding a residential weekend at Karuna Dartmoor led by Alysun Jones who has led several stimulating day retreats for us recently. The themes addressed on the weekend will be the **eight worldly concerns**, and the liberation offered by the **three marks of existence** of not self, impermanence and dukkha.

Accommodation is in comfortable two, three and four bedded rooms.

The weekend will start at 6pm on Friday with supper and end at 2pm on Sunday after lunch and a closing session.

The guidelines for the weekend are:-

- The retreat will be in silence and participation in the whole weekend is expected.
- The consumption of recreational drugs or alcohol is not permitted during the weekend.
- The food will be vegetarian; please see application form if you have any other dietary requirements.

Alysun will be able to offer some interviews for participants upon request.

Even a weekend of meditation in silence can be an intense experience. It can be stressful for the body and for the mind. The questions asked below are to help us all take good care of each other. Answers will be received by Jeremy and Jeanine Woodward who are organizing the retreat and shared with Alysun. Some details will be shared with others on a need to know basis (e.g. dietary needs will be relayed to the in-house cook).

The cost of the weekend is **£160.00** which includes accommodation (towels and bed linen included) and all meals from Friday Supper to Sunday Lunch.

Please send payment in full, either with your Application Form by **cheque payable to South Devon Chan Group** to the address overleaf **or** you can email the Application Form to us and make a **direct money transfer** to South Devon Chan Group, Co-operative Bank plc, Sort Code: 08-92-99 Account No: 65378890 with the reference of “2026 Karuna WE”. Please let us know when this is paid. Your booking will only be confirmed when this is done by email/text from us. If financial difficulty would prevent you from coming, please enquire about half price supported places.

Any queries please contact Jeremy Woodward at the email address or mobile number overleaf.

PTO for Application Form and contact details



Application Form

Your Details

First Name: Surname: Address: Email address: Postcode: Phone nos: Home: Mobile:

Next of Kin

First Name: Surname: Phone nos: Home: Mobile: Relationship to you:

About You

Allergies/vegan:

Health Issues

A retreat is not a time to stop taking prescription medication or to withdraw from a substance that you have been using to cope with difficulty or illness. If you have an ongoing health concern it would be helpful to know so that we may offer you appropriate support. Please remember to bring an ample amount of your prescription medications to cover the duration of your time away from home.

Physical Health: Current medication: Please describe any mental health issues

Getting There – Lifts cannot be guaranteed, but we will do our best to help.

Do you need a lift and give consent for us to pass your contact details to those offering lifts? Yes No

If Yes, where from?

Can you offer a lift and do you give consent for us to pass your contact details to those seeking a lift? Yes No

Declaration

I believe that I can, and it is my intention to, fully participate in this weekend.
I agree to accept responsibility for myself and to observe the guidelines.

Signed¹ Date

Please send this Application Form either

by post to:

Jeremy Woodward, 46 Wood Park, Ivybridge, Devon PL21 0PP; tel: 07734-489721, **or**

by email to:

southdevonchan@westernchanfellowship.org

¹ If filling in form digitally, please just type your name in the signature box