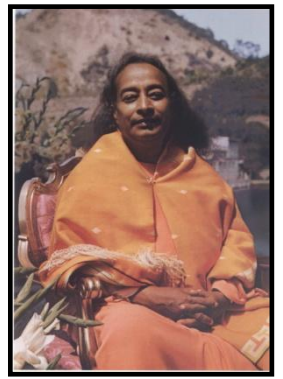


Manchester Meditation Circle
PROGRAMME FOR DAY RETREAT & CURRY SOCIAL

Saturday 10th October 2026

Quaker Meeting House
82 Wythenshawe Road, Northenden, Manchester M23 0DJ



Arrivals from 9:30am

Light refreshments served until 10:20am

- 10:30am Energization Exercises (weather permitting)
- 10:50am Meditation Service containing two periods of meditation
- 12:30pm Break for lunch (the hall will remain open available for meditation until 1pm when we will need to prepare for the kirtan)
- 1:15pm E-kirtan (excerpts from Convocation kirtan)
- 2:30pm Break
- 2:45pm One hour meditation
- 4pm Retreat closes.
Prep begins for the Curry Social. Pre-ordered food delivery at 4:30pm.

- Light refreshments and fellowship both served in the social area before the retreat starts and at lunchtime.
- ***Devotees are asked to please bring their own packed lunch (if desired).***
- Fruit, light refreshments & hot drinks will be available for all at no charge
- Car parking at the building is VERY limited so it is important that you PLEASE ADVISE THE SECRETARY if you plan to attend

Clare Marshall (Secretary)
Mobile 07851 148637 (call/SMS) or
Email enquiries@yoganandamanchester.org

There is no charge for this event although donations, however small, are always welcome to meet costs.

****** Unable to attend the full day? Then why not join us for part of it? ******