

# Summer Meditation Walks at Lancaut



**Wednesday 22nd June 6pm - 8pm**

**Saturday 6th August 11am to 4pm.**

We will be looking at a range of meditations to help develop qualities such as clarity, concentration, equanimity and love. These meditations will be suitable for people of any faith or none and for beginners and more experienced meditators alike.

Martin Kerrigan is an experienced Buddhist meditation teacher who has been practicing, primarily within the Tibetan Buddhist tradition, for over 20 years. He has also been involved in a number of multi faith events.

**Meet at Gloucestershire Wildlife Trust car park, Lancaut, half a mile north of Woodcroft village on the B4228 near Chepstow Gloucestershire  
Map reference ST539966**

***This is a free event sponsored by  
The Forest of Dean Buildings Preservation Trust, custodians of the  
ruins of St James's Church, Lancaut. [www.fodbpt.org](http://www.fodbpt.org)***



Please note this event is not suitable for children under 12. No dogs please. The path is steep and may be muddy so please wear suitable clothing. Not accessible to wheeled vehicles. No WC. You may wish to bring a picnic.