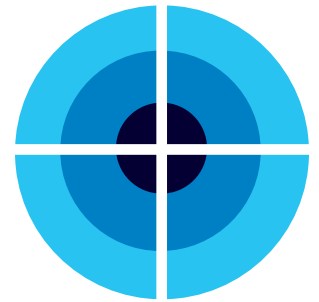


Integral Meditation

‘Demystifying Mysticism’

One day meditation retreats in the Integral approach, developed by **Ken Wilber**, with Steve Banks. Totnes, starting October 2018

Ken Wilber’s revolutionary ‘Integral Model’ gives a radically new, no nonsense way of understanding meditation or contemplative prayer, whatever our spiritual tradition. It can lead to a more effective practice. And it integrates spirituality and psychology as never before.



These one day retreats will involve mostly silent sitting meditation, interspersed with walking meditation, and Integral mindfulness meditation. Steve will give a presentation at the start of each day on Integral perspectives on meditation practice. There will be also a session for questions and discussion about what is happening in our practice.

All retreats must be booked in advance. They are open to people of any spiritual tradition, or none. You need to be able to take responsibility for your own physical, mental and emotional well-being.

Venue : the **Quaker Meeting House**, Ticklemore Street, Totnes, TQ9 5EJ. **Time**: 10.30am—5.30pm (arrive by 10.20). **Cost**: £30, low income £15. Bring your own lunch.

“Steve is a great course leader. He introduced the topic with great enthusiasm, curiosity and humour.”
– course participant,
‘Demystifying Mysticism’



Steve Banks (BSc Maths, MSc Economics) has been studying and practising Ken Wilber’s Integral approach for 20 years. He is a qualified Psychosynthesis counsellor, has taught counselling skills, and has co-led Rites of Passage workshops for men. He has been practising and deepening his understanding of Buddhist meditation for 27 years. He is a professional musician, song writer and composer. He presented at the *Integral European Conference* in May 2018.

For more info about these retreats, and to book, visit

www.stevebanks.info

email steve@stevebanks.info, phone 07957 855458. email preferable

