



Meditatio Seminar  
by WCCM



Bonnevaux

# FULLY ALIVE

*A Contemplative Experience of Health and Healing*



Tuesday 3 May - Sunday 8 May, Bonnevaux, France

Led by Barry White with Sean Boylan,  
Giovanni Felicioni and Laurence Freeman

The aim of this retreat-seminar is to see how to live the true meaning of health and healing. We will explore how it may be experienced - even more strongly - in times of sickness or when we feel the weight of our mortality. Participants will be helped to explore a contemplative approach to sleep, food, posture, movement and emotional wellbeing, all of which will be based around a daily practice of meditation with the Bonnevaux community. We would love you to come to the retreat to share, learn and ultimately experience deep health and healing within your life.



## REGISTRATION:

**The cost of this 6 day retreat is Euros 775.00 includes accommodation and meals and all sessions**

*The Community at Bonnevaux (who are vaccinated), welcome guests and visitors who have also been fully vaccinated. We ask for a negative Covid test in the previous 48 hours. Those who are not vaccinated should arrange accommodation near Bonnevaux, and may come to the prayer and meditation times while observing the usual precautions of mask and social distancing indoors.*

## BOOKING LINK:

<https://bonnevauxwccm.org/all-programmes/contemplative-health/>

---

## TRAVEL INFORMATION

### Getting to Bonnevaux is easy- by plane or by train or by car

Bonnevaux is near Poitiers, France, southwest of Paris. It is 20-minute ride from Poitiers Airport and train station. By car it is a 5 hour drive south of Paris via A10

---

## LEADERS:



Dr Barry White is a physician from Ireland. He is a specialist in haematology and has held senior leadership roles within the Irish health service. He has conducted clinical research demonstrating the psychological and physical benefits of meditation



Giovanni Felicioni is Associate Director of Bonnevaux. He is an Oblate of WCCM, a certified Advanced Rolfer™, a Rolf Movement™ practitioner and a Yoga Teacher



Seán Boylan is Director of Dunboyne Herbal Clinic, Ireland. His international reputation as traditional herbalist stems from his life-long apprenticeship, coming from seven generations of traditional herbalists



Laurence Freeman is a Benedictine Monk and Director of The World Community for Christian Meditation and Bonnevaux. Together with Barry White he has introduced the practice of meditation to healthcare staff

**For more information about the retreat and Bonnevaux contact: meditatio@wccm.org <https://bonnevauxwccm.org/>**