

Meditation in the Park 2010 – A Truly Free Day Out with Many Surprises

Southwark, London (Mar 2010) – Following the successful inaugural event in 2009, Meditation in the Park returns this summer, Sunday 27th June in SE16 London, as a free community event with picnics, prizes and a chance to relax in peaceful green spaces and learn techniques to de-stress, improve health and enjoy life more.

Meditation is something that people in every society throughout history have used to deal with stress, to calm and strengthen their minds and to **feel better physically and emotionally**.

Last summer, on a fortuitously beautiful and sunny day, people convened on the Russia Dock Woodland Green, London SE16 – the home of nearest kingfisher and pyramidal orchard to Central London - from the local community and across the city with appetising delights in their picnic baskets. Friendly teachers greeted the picnickers and gave free tuition in the basics of breathing and meditation while children imitated animals in the children's area and everyone tasted new delights at the free smoothie booth. Meanwhile, judges surveyed the green in order to find the most worthy homemade and healthy delights. Fresh local fruit and juice, homemade breads, exquisite olive oils, blenders and smoothie makers were kindly donated by Tesco Surrey Quays, Surrey Quays Shopping Centre, and Borough Market stallholders, and were awarded by co-organiser Steve Cornish to the winners. The surplus was then distributed along with goodie bags and **no one went away empty handed**.

This year's event begins at 12pm on Sunday, 27th June and will be similar to a village fête with many different activities to experience. The favourites from last year will be back – free smoothies booth, children's yoga, walking tours of the ecology park – along with more meditation-based activities, food demonstrations, and activities for children. As with last year, the event again will conclude with a group meditation led by internationally acclaimed yoga and meditation teacher, local resident, and co-organiser Guru Kaur, followed by the handing out of prizes for the best picnics.

More than just an enjoyable day out, Meditation in the Park offers people free tuition in simple and accessible skills to live healthier, less stressful and more enjoyable lives.

“Meditation isn't just something that you do sitting crossed-legged on the floor. It's about how you live every aspect of your life. There are some very simple things that everyone can easily incorporate into their daily lives that will greatly improve their health and wellbeing. It doesn't cost anything to do, and it's a fantastic thing to learn along with your children,” says Guru Kaur.

Meditation in the Park is also about appreciating a unique ecological urban space in a way that honours it rather than simply uses it. The event is part of Friends of Russia Dock Woodland (FRDW) and is organised by local residents Steve Cornish, FRDW's chairman, Rebeka Clarke of Stave Hill Ecology Park and Guru Kaur and Hari Karam Singh of RegallyGraceful.com. The event **supports maintaining the prestigious Green Flag status** awarded to the park last year.

“The more people are seen to be using their local green spaces, the more strength it gives us to ensure that they remain safe and untouched for the future,” says Friends of Russia Dock Woodland Chairman, Steve Cornish.

Meditation in the Park holds a strict policy of no advertising and no promotional marketing on the day. **The event is completely free and there is nothing to buy**. No previous experience meditating is necessary. Those wishing to attend need only to bring their own picnics.

This year's event is supported by [Tesco Surrey Quays](#), Surrey Quays Shopping Centre, Borough Market stallholders, Southwark Parks & Leisure, Fresh Olive Company, Chegworth Valley, Organic Delivery Company, [RegallyGraceful.com](#), BTCV, and several generous individuals.

For up-to-date information, visit www.MeditationInThePark.com.



Quotations

"Thank you to all of you for organising such a great event last Sunday. You all helped to create a real community spirit event and this is really precious nowadays." – Beatrice Leung, SE16

"It was a lovely relaxing way to spend a Sunday afternoon with a great vibe, great food and like minded people. See you in June!" Ellie Wilson, SE14

Media Information

Website: <http://www.MeditationInThePark.com>

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Notes to Editors

Friends of Russia Dock Woodland

Friends of Russia Dock Woodland (FRDW) is a group of residents who help to protect and enhance the woodland and the Stave Hill ecological park, which together run through the middle of the Rotherhithe peninsula. We are proud of our oasis in this busy corner of London. It supports a huge variety of plant, animal and bird life, some of it rare. It is used and enjoyed by local residents of all ages, many of whom are very active in promoting its interests and are partly responsible for its ongoing improvements. Membership of the Friends is free of charge and is open to everyone. Visit <http://www.russiadockwood.ukfriends.com/>.

About Regally Graceful & Guru Kaur

Guru Kaur embodies spiritual values, a professional background and an English upbringing. She is renowned for giving very straight talking guidance in highly practical terms giving people unique insight into their challenges.

She founded Regally Graceful™ along with business partner Hari Karam Singh, as an outlet to teach the common wisdoms of antiquity that have been so important to the success and happiness of her life. These teachings are full of practical, common-sense advice that is sadly no longer so common. In January 2008, Regally Graceful launched the online course and social community *Be the Woman You were Born to Be...* For more information, visit <http://www.RegallyGraceful.com> and <http://www.GuruKaur.com>.