

Meditation in the Park 2010

On Sunday, 27th June 2010, Russia Dock Woodland, London SE16 hosted its annual free Meditation in the Park featuring picnics, prizes, lots of activities, and an opportunity to relax and learn simple techniques to improve health and wellbeing.

The whole experience was similar to a village fête where over 500 participants enjoyed the convivial, peaceful and welcoming atmosphere, akin to an old fashioned Sunday day out without a care in the world. The idyllic setting of Russia Dock Woodland looking at its best in the sunshine provided an appropriate backdrop for everyone to create their own special day. Some chose simply to enjoy their picnics, while others participated in the many different activities which were on offer.

Experienced teachers taught a selection of short workshops including Walking Meditations, Guided Relaxations, and Sun Salutations in the middle of the green while stalls around the periphery offered lots for children to do. As well as blending their own smoothies, they made flower garlands, enjoyed the craft table and then learned yoga techniques and relaxation too. Ben Dewhurst, from the Trust for Urban Ecology (TRUE), introduced people to the unique and diverse wildlife of this ecological sanctuary with a guided nature tour.

“Russia Dock Woodland is a sanctuary, a peaceful space. Each person is seeking a peaceful space inside themselves, so where better to host Meditation in the Park? Appreciate and enjoy these spaces. Don’t take either your health or your environment for granted and do what it takes to keep both in good condition.” said Guru Kaur.

Although the day was relaxing, it also offered a space for people to reflect and gave them some simple techniques to improve the quality of their life. The Sleep Masterclass taught people how to overcome difficulties in sleeping well and waking refreshed, including helpful tips which can easily be integrated into their daily lives.

One of the more challenging meditations was the deceptively simple fruit meditation which involves holding a peach in the palms of outstretched hands for 11 minutes. Afterwards, all who tried it agreed that it was “the best peach I have ever eaten”.

The picnic judges, Alex and Dominic, long time respected stallholders at Borough Market, said that the standard of picnics was much higher than last year but in the end were able to choose the winners for the various categories such as Best Home Made Picnic. It was obvious that some picnickers had put in considerable effort with highlights including Goat’s Cheese Pancakes, Braised Paneer, and homemade curry.

The winners returned home with Jamie Oliver blenders, Tesco Gift Vouchers, luxury olive oils and English apple juices but everyone went away with something including fresh fruit, handmade bread, olives, potted plants and flowers all donated by local supporters such as Tesco Surrey Quays, Surrey Quays Shopping Centre, Borough Market Stallholders, the Organic Delivery Company, and Neal’s Yard Remedies.

Next year’s Meditation in the Park is on Sunday 26th June 2011.

Handouts with instructions for all of this year’s activities as well as a free guided relaxation are available for download from the website, www.MeditationInThePark.com.

Meditation in the Park is a collaboration of local organisations, Friends of Russia Dock Woodland, BARGES (Bermondsey and Rotherhithe Green Enthusiasts) and Regally Graceful and supports the Green Flag status awarded to the park in 2009.



Media Information

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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>.