

Meditation in the Park – The New English Village Fete

Now in its third year and Lottery funded, Meditation in the Park is a free community event for all ages, ethnicities and backgrounds which gives participants a chance to relax in an urban woodland sanctuary, win prizes for the best healthy picnics and try out various hands-on workshops related to homemade food, nature, and yoga and meditation. Meditation in the Park is the flagship event of a series including Photography in the Park, Painting in the Park, night time Bat Walks and Ecology Nature Tours. Each event hosts an expert giving free tuition and focuses on various ways of appreciating the woodland.

On Sunday, June 26th 2011, an estimated 2500 people will come along to Meditation in the Park in “one of London’s best kept secrets,” Russia Dock Woodland (SE16 zone 2, Jubilee and Overground lines), an ecological park built on top of the old South London docks which boasts Green Flag status and the nearest Kingfisher and Pyramidal Orchard to central London.

The event is not just about meditation but also has a strong emphasis on education about natural homemade foods and honouring our urban green spaces. Activities to join include

- Instruction in simple and effective yoga, breathing and meditation techniques from experienced expert instructors
- Cheese, yoghurt and pasta making demonstrations
- Guided Nature Walks of the Ecology Park
- Walking Meditation
- Children's Fruit smoothies and Make Your Own Muesli stands
- Specialised mini-workshops such as Yoga for cyclists, Silver Age Yoga, Children’s Yoga, Stress Relief
- A free Kundalini Yoga intensive, after the event, taught by internationally renowned teacher, Guru Kaur (www.gurukaur.com)

The format is similar to a village fete where participants are free to pick and choose which activities they would like to try. There is plenty to do for people of all backgrounds, ages and fitness levels. The only requirement is to bring a homemade picnic in order to win one of the many prizes which include gourmet fruits, breads, olive oils and other foods from Borough Market and quality kitchen appliances from Tesco. The event is entirely free. There is absolutely nothing to buy and no advertising or cross promotion on the day.

Meditation in the Park is run and organised by local professionals who volunteer their time and skills to give something back to their community. Support and funding are being provided by

- Lottery’s Awards for All
- Southwark Council
- Tesco Surrey Quays
- Surrey Quays Shopping Centre
- Stallholders from Borough Market
- RegallyGraceful.com
- BTCV
- Many other local and related businesses and individuals

For Public Release

Meditation in the Park is dog, family, and bike friendly. Ramp access to the green and chairs will be available. Multilingual information will also be available. Picnic judging starts promptly at 1pm. Pre-register to save time on the day at www.meditationinthepark.com.



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 and which supports a huge variety of plant, animal and bird life. <http://www.russiadockwood.ukfriends.com/>

About Guru Kaur & Regally Graceful

Guru Kaur embodies spiritual values, a professional background and an English upbringing. She is renowned for giving straight talking spiritual guidance in highly practical terms and as a former Chartered Accountant is equally well versed in the issues of a corporate professional and personal nature.

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. <http://www.GuruKaur.com>

Quotations

Organisers

“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.”

- Guru Kaur, co-organiser, internationally acclaimed spiritual teacher and local resident for over 20 years.

“The more people are seen to be using the local green spaces such as Russia Dock Woodland, the more strength it gives us to ensure that they remain safe and untouched for the future.”

- Co-organiser and Friends of Russia Dock Woodland Chairman, Steve Cornish.

For Public Release

Participants

“This is truly an amazing event not only did I feel a profound effect on a personal level but i also saw positive effect in the surrounding community truly amazing”

- Mark

“An old fashioned Sunday, just like there used to be...when people didn't have a care in the world!”

- 15 year old participant from Meditation in the Park 2010

“Being local we look forward to this event every summer with great anticipation. You can get actively involved with short meditation sessions, yoga and poi, or just relax with your picnic, soaking up the chilled vibe that surrounds - a perfect taster for anyone who is curious about developing their spiritual side.”

- Julia and Ret

“My overarching memory of the day has to be Guru Kaur's "fruit meditation" which can only be described as 11 minutes of ... self discovery, inner battles with momentary pain and the most delicious peach I have ever eaten.”

- Francesca