



No Ending & No Beginning

*Residential retreat
with Tew Bunnag*

*Friday 15 - Sunday 17 May 2026
Springhead Trust, Fontmell Magna*

Springhead
Fontmell Magna
Shaftesbury
SP7 0NU

*Arriving from 5pm on 15th
and finishing 3pm on 17th*

Fee for the weekend
Early Bird booking by 20 April
£345/£325 members

Thereafter, £365/£345
members

All bookings require a
non-refundable £50 deposit

It is possible to stay an extra
night after the retreat finishes for
a supplement of £25 to cover
costs.

Please bring your own cushions for
meditation and be prepared for all
weathers. And please let us know
well in advance of any dietary needs.

*Few who practise the Taichi take much
notice of the first movement of opening,
nor the final closing that takes us back to
the stillpoint once more.*

*Tew will explore these movements as well
as the section called Cloud Hands, that
illustrate the beautiful words in the*

Tao Te Ching no. 14

*Face it; no face
Follow it; no end.*

(from the inspired translation by Ursula le Guin)



www.metta-taichi.org.uk