

# Darkness Visible

Simon Buxton & Naomi Lewis

Friday 13<sup>th</sup> June – Tuesday 17<sup>th</sup> June 2014

The Sacred Trust Centre, Ashton Lodge, Cranborne Road,  
Stanbridge, Wimborne, Dorset, BH21 4JD

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**You are booked onto the above residential workshop and these are your joining instructions. Further information together with your Mindfold (referred to below) will be sent to you in the post.**

**ARRIVAL:** You are welcome to arrive at The Sacred Trust Centre anytime from 4pm onwards, on Friday. Supper will be at 6.30pm after which the workshop will commence. The workshop will end no later than 4pm on Tuesday.

**INFORMATION:** All meals are vegetarian. If for medical or ethical reasons you have particular dietary requirements (e.g. vegan/wheat free/gluten free), please inform us without delay. The Sacred Trust Centre has up to fifteen bedrooms available for students, so there are usually a number of single rooms that are available on a 'first come, first served' basis. Should you wish to request a single room, at a supplement of £12 per day (inc VAT) please contact The Sacred Trust. Couples who are attending a course together will be placed in their own room.

**HOW TO GET THERE:** Please see separate travel details.

**WORKSHOP FEE:** The workshop fee is £675

The balance of £625 for this course becomes due for payment by **13th May 2014** one month before the start of the course, otherwise your place may be forfeited. If you no longer intend to attend this course please let us know as soon as possible, so that your place can be passed to another student. If you are paying by cheque, please make it payable to *The Sacred Trust* and send it to the address below.

If you paid the full fee at the time of booking, nothing further need be done.

*In the case of cancellation at least one month before the workshop, your fee will be refunded, less the £50 deposit which is non-returnable. No refunds are available if notice is given after this period, or if you do not attend or if you leave early.*

**PLEASE BRING:** A towel and clothing (including footwear) to suit all weather conditions, thus to include rain-wear, warm clothing and walking boots/wellingtons. A blanket, pen & paper (ideally a blank journal or pad of paper). A whistle that can be worn around your neck. Your 'Mindfold' **and** a blindfold such as supplied by airlines. A bandana or *thin* (cotton or silk) scarf. If you have sensitive eyes, please bring eye-gel or eye-drops. A drum and/or rattle if you have such. A pair of sunglasses. It is essential that you bring ALL of these items with you.

**If you have any queries regarding the above, please contact:**

The Sacred Trust Centre

Tel No: 01258 840392

[www.sacredtrust.org](http://www.sacredtrust.org)

[mail@sacredtrust.org](mailto:mail@sacredtrust.org)

## Travel Directions

You will find The Sacred Trust Centre on Google Maps by typing in 'The Sacred Trust-Dorset' on the Google Maps page (<http://maps.google.co.uk/>). Google Maps also have a route planner facility which is accessed by clicking the 'Get Directions' button.

The full address of the centre is:

**The Sacred Trust Centre,  
Ashton Lodge, Cranborne Road,  
Stanbridge, Wimborne, Dorset BH21 4JD**

### **By Car From London:**

M3, M27, A31 to Wimborne (sometimes referred to as Wimborne Minster).

### **By Car from Wimborne:**

Take the B3078 Cranborne Road. Drive approximately 3 miles and note the signpost for Stanbridge. Go past a church on the right hand side and past a garage also on the right hand side. Shortly after this garage you will see a wooden sign on the right hand side marked Ashton Lodge. Turn into the driveway, go over a cattle grid and you are on Ashton's driveway.

Upon arrival if travelling by car, please park your vehicle as close as safely possible to neighbouring cars in the Ashton Lodge car park, which is directly outside the front of the Lodge.

### **By Train or Coach:**

Trains from Heathrow or Gatwick Airports to London (Paddington Station) run every few minutes. You will then need to take the tube (underground train) or taxi from Paddington Station to Waterloo Station where you can get your train to Poole or Bournemouth. From Poole or Bournemouth train station to The Sacred Trust Centre will cost you a guaranteed fixed taxi fare of £20 (from Poole) or £25 from Bournemouth. To get this guaranteed fixed rate you will need to travel with Wimborne Minster Cars, Tel: 01202 888888 and state that you are attending a course with The Sacred Trust. Wimborne Minster Cars also offer fixed favorable rates from London and local airports to students attending courses at The Sacred Trust:

Heathrow Airport - £100  
Gatwick Airport £100-£120 (depending on time of day)  
Southampton Airport – £50  
Bournemouth Airport - £20

If travelling from Heathrow Airport, there is also coach service available through National Express that will take you directly to Bournemouth at a cost of £20. Duration: 2 hours. Timetables and ticket sales: [www.nationalexpress.com](http://www.nationalexpress.com).

If you do not wish to take a taxi from Bournemouth or Poole train station, go to the bus station (next to train stations) where you can get the number 13 bus to Wimborne. From there you will have to get a taxi to The Sacred Trust (+£10).

### **Air Travel Information:**

The nearest airport is Bournemouth Airport, which is approximately 25 minutes via taxi to The Sacred Trust Centre. It is a relatively small airport with a limited number of international flights so students coming from overseas may be best served flying into one of the London airports. Full details of flights into Bournemouth Airport can be obtained from: [www.bournemouthairport.com](http://www.bournemouthairport.com). Next closest, Southampton Airport is about an hour away by taxi. Please see their website for other travel information: [www.southamptonairport.com](http://www.southamptonairport.com).

**PLEASE NOTE:** Although we are on the Gaunts estate, your taxi driver should be given the following address, to ensure that you are taken to Ashton Lodge, rather than the opposite end of the estate. There is also a B&B in Wimborne called Ashton Lodge, which is not The Sacred Trust Centre.

**The Sacred Trust Centre, Ashton Lodge, Cranborne Road, Stanbridge, Wimbourne, Dorset. BH21 4JD**

## Ashton Lodge - General Information

Ashton Lodge is the home of The Sacred Trust. It is part of the Gaunts estate which consists of some 2,000 acres of outstandingly beautiful, rolling countryside including almost 100 acres of ancient woodland, some of the trees being over 1,000 years old. There is a population of more than 50 Roe deer as well as an abundance of wildlife that includes fox, badger, buzzard, together with our hives, horses, Jack Mabon the (very friendly) golden retriever and Mazey the cat. Meals are vegetarian and we use local organic ingredients where possible and are able to cater for most particular dietary needs (for medical or ethical reasons).

### Information regarding your stay:

**Please bring with you:** bath towel, soap, toothpaste and shampoo, soft soled shoes/slippers for use in the house, walking shoes and wet weather clothes.

**Meals :** Breakfast is a help-yourself affair and consists of juice, teas, coffees, cereals, yoghurts, fruit and toast. Lunch is typically at 1pm and supper is at 6.30pm. You are requested to wash, dry and put away your crockery and cutlery and to collectively leave the dining room in a clean condition. Fresh fruit, teas, coffees and biscuits are permanently available from the dining room.

**Single Rooms:** Bedrooms are shared but there are usually a handful of single rooms available at an additional cost of £12 per night.

**Snoring:** Most of our accommodations are shared. You or your roommate may snore. Please come prepared (nose guards, ear plugs, etc.).

**Bed and Breakfast** is usually available after the workshop/training has finished. This costs £24 per night.

**Food and Drink:** we ask participants to refrain from taking food or drink (other than water) onto any carpeted areas of the house.

**Energy Conservation:** Please do not leave lights on unnecessarily, turn down heating in your rooms if you are too warm and do not leave outside doors open. Last to bed, please turn out the lights.

**Sanitary Towels** and tampons must not be flushed down the toilets, but be put into the nappy sacks found in all bathrooms and disposed of within the sanitary bins in the bathrooms.

**Smoking:** Smoking is only permitted outside and the cigarette ends should be placed in the sand bucket by the front door. Please do not smoke anywhere near the stable as this poses a fire risk.

**Candles and Incense:** Due to fire regulations, burning candles or incense in Ashton Lodge or in the Cottages is not allowed.

**Books:** You are welcome to borrow books from the shelves dotted around Ashton Lodge and the Cottages but please ensure you return them at the end of your stay as these books form part of our personal library

**Shop:** The shop is permanently open and works on a trust system. Payment for goods can be made by cash, cheque or credit/debit card – if you are paying by the latter you will find forms to be filled out, please ensure you complete all the details and you will be charged after the workshop has ended. Please do not remove anything from the shop unless it has been paid for.

**Walking:** A map on the stairs of Ashton Lodge by the front door shows you the layout of some of the walks around the estate. When you leave Ashton Lodge please head off to the RIGHT – this ensures the houses further down the track have their privacy maintained.

**Animals:** Please do not feed any of the animals, cats, dogs or horses. There is a pathway up the side of one of the horses fields, please do not go underneath the electric fencing and into their space unsupervised.

**Telephone:** The office number here is **01258 840392** and please give this number to anyone who might need to contact you in case of an emergency. We request that if you bring your mobile phone - if possible - not use them once the work has begun, so that your full attention can be given to the work.

**In the event of a fire:** Please alert other participants by shouting 'FIRE' loudly. Leave the house by the nearest exit and please familiarise yourself with these. There are five exits on the ground floor in Ashton; front door, back door, double doors in dining room, shop and living room. If you are staying in one of the Cottages there are two exits, the front door and the back door on the ground floor.

**At the end of your stay:** please strip your bed of pillowcase, lower and upper sheets but not the duvet covers that are laundered separately. Place the sheets inside the pillowcase and leave these at the bottom of the stairs in Ashton Lodge including those from the Cottages.

**In case of any emergency:** Contact the course leader or assistants. Assistants usually stay in the room named 'Oak' which is on the ground floor of Ashton Lodge, to the immediate left of the front door. If the course leader or assistants are unavailable, go to the cottage immediately next to Ashton Lodge where a member of staff can be found.

**Please remember** to take all your possessions with you when you leave. If you leave anything behind we will charge you £10 per item plus postage & packing to return it. This is meant to act as a deterrent!

If you have any queries regarding the above, please contact

The Sacred Trust at  
Tel No: 01258 840392  
[www.sacredtrust.org](http://www.sacredtrust.org)  
[mail@sacredtrust.org](mailto:mail@sacredtrust.org)