

**How to apply**

The easiest way to apply is by email—please request an application form for the 2018 Ashram Experience by emailing:  
william@gandhifoundation.org

Or complete the form below and post to:  
William Rhind  
33 The Crescent  
WIMBLEDON SW19 8AW  
Telephone: 020 89473233

**APPLICATION FORM FOR 2018 Ashram Experience**

Number of people in group.....

Names of adults in group:

.....  
.....  
.....

Names and ages of children in group:

.....  
.....  
.....

Type of accommodation requested (delete as appropriate):

Camping/Double Room/Single Room

Any special dietary, access or other requirements

.....  
.....

If you need extra space please add an extra sheet of paper.

The Ashram Experience prices are all inclusive, covering the programme, accommodation and all meals for the whole week. The prices vary depending on the type of accommodation and your ability to pay. Those who are on low income can pay less than the standard charge but we would invite those who can afford it to pay more. Children and full-time students pay half-price. Bookings should be accompanied by a deposit of £50 per person. All cheques should be made out to 'The Gandhi Foundation'.

In order to maximise our use of the available accommodation we cannot confirm part-week non-camping bookings until 1 July 2018. Part-week bookings for camping are not restricted. The success of the Experience depends largely on people staying for the whole week so there will be a surcharge for those who come for six nights or fewer.

Weekly costs per adult 2018 prices	Low	Standard	Generous
Camping	£160	£180	£200
Double Room	£215	£240	£270
Single Room	£235	£260	£250
Day Rate	£25		

All bookings are subject to a non-refundable deposit of £50 per person



For more information about the Gandhi Foundation please visit our website:

<http://gandhifoundation.org/>.

Registered Charity number: 292629

Let's Make the World Great Again



21 July — 28 July 2018

St Christopher School  
Barrington Road,  
Letchworth Garden City  
Hertfordshire  
SG6 3JZ

You are warmly invited to the  
Gandhi Foundation Ashram Experience  
for a week of exploring community,  
non-violence and creativity through sharing

## Inspirations

The 1983 film 'Gandhi' directed by Richard Attenborough brought the life of Gandhi and his ideas for promoting fairness through non-violent action and lifestyle to a new generation.

The Ashram Experience has been run by the Gandhi Foundation ever since (now in its 35<sup>th</sup> year). It offers an opportunity for anyone interested in exploring action for creating a fairer, more sustainable world, to meet, discuss, rest and grow by living together in community for one week of the year.

Our focus is not on looking back but at tackling the current challenges facing our world, using Gandhi and others as inspirations where appropriate, and so to encourage a new generation of satyagrahi—those who will fight for truth through non-violence—peace warriors.

The Ashram Experience is open to people of all ages, of any faith or none, experts and novices, who are prepared to share their experience and to listen to others with respect.

## The School

The St Christopher School was founded in 1915 by Dr. Armstrong Smith and is a long-time proponent of progressive education. It was founded to be a school 'where members of different faiths are encouraged to mix together and in this way to learn a respect and tolerance for beliefs other than their own'.

Overall the aim has been to create a community that encourages the positive development of all the capacities that lie within the child.

## Let's Make the World Great Again

During our morning sessions we shall look at various actions that we can or should take in order to improve human wellbeing globally. The sessions will be a mix of interactive discussions and presentations. Subjects will include: reacting to and/or reversing climate change; reducing inequality of wealth and opportunity; tackling pollution; combating extremism; promoting good health; creating and developing links across different cultures/faith communities; limiting population growth.

## What can you expect at the Ashram Experience?

The Ashram Experience aims to provide a secure, happy and lively environment for all ages. Participants are encouraged to engage as fully as possible in the programme of activities in order to help them get the most from the week. But there is lots of flexibility according to age, capability and personal taste, and plenty of free time to pursue individual interests.

It is important for the smooth running of the Ashram Experience and the building of the community that participants commit to the short morning gathering at 9am where we share information, thanks, hopes and problems (even the most respectful group may have some!).

The Ashram Experience is fully inclusive, with all meals provided - these are either vegetarian or vegan and, in line with Gandhi's principles, there is no alcohol allowed during the week. Families are welcome and special activities are run for the children during the morning sessions.



7am	Yoga
8am	Breakfast -help yourself
9am	Short meditation and assembly of the whole community.
9.30am	Workshops and children's activities focused on the Ashram Experience theme.
11am	Shramadana and free time—it is necessary but also fun to share the work of the community based on our ability. Following Gandhi's principles we all take our turn at cleaning, food preparation, and other tasks. But the many hands make light work leaving an opportunity for free time before lunch.
1pm	Lunch followed by free time or shared activity such as creative listening.
3pm	Creative space—Gandhi encouraged his communities to be creative and practical. In past years we have had spinning, drawing, painting, calligraphy, crochet, river walks, badminton, parachute games, gardening, music, bananagrams.
6pm	Supper
8pm	Evening entertainment such as circle dancing, films, creative writing, and the last night party.
9.30pm	Meditation