

How to apply

The easiest way to apply is by email—please request an application form for the 2019 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 2019 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 2019. 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 2019 prices	Low	Standard	Generous
Camping	£165	£185	£205
Double Room	£220	£245	£275
Single Room	£240	£265	£285
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

Thinking About Change?
 Thoughts are the Seeds
 of Action



27 July — 03 August 2019

St Christopher School 6th Form Centre
 Arunside
 Muddy Lane
 Letchworth Garden City
 Hertfordshire
 SG6 3TB

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 nonviolent action and lifestyle to a new generation.

The Ashram Experience has been run by the Gandhi Foundation ever since (now in its 36th 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. We hope to encourage a new generation of satyagrahi – those who will fight for truth through nonviolence – 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'.

Thinking about Change?

If Gandhi were to return to India or the UK today he would be bitterly disappointed to find the extremes of wealth and poverty, the wasteful expenditure on armaments and the continuing tensions and conflict in society. Yet his nature was to be positive and to

work for change, starting with the self – “Be the change you want to see in the world”.

In our morning sessions, we shall share experiences of what has changed our lives for the better and then go on to consider circumstances which have caused the general population to adopt lifestyles which have promoted the changes we want to see in the world - the reduction of poverty; greater harmony between peoples of different cultures and religions; education and employment opportunities for all; a reversal of human-caused climate change; etc.

Finally, our study and discussions will serve no really useful purpose unless we plan some realistic but significant action, either in our own lives or in support of an organisation seeking the kind of changes to which Gandhi dedicated his life.

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. There is lots of flexibility according to age, capacity and personal taste, and plenty of free time in which to pursue individual interests. It is important for the smooth running of the community that participants commit to the short morning gathering at 9.00 a.m. where we share information, thanks, hopes and problems. 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.

THE DAY

7am	Yoga
8am	Breakfast -help yourself
9am	Short meditation and assembly of the whole community.
9.30 am	Workshops for adults and children's activities focused on the Ashram Experience theme
11am	Shramdana and free time—it is necessary but also fun to share the work of the community. Following Gandhi's principles we all take our turn at cleaning, food preparation, and other tasks according to our abilities. But many hands make light work leaving an opportunity for free time before lunch at 1.00 pm. Lunch is followed by free time or a 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, crochet, calligraphy, 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