

FREELY GIVEN RETREATS

England & Wales · Charity number 1167145

Details

Status Registered

Legal form Trust

Registered 2016-05-17

Register [View on the Charity Commission register](#)

Contact

Address Mill House
Rew Road
Ashburton
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Activities

Objects: TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE SUBJECT OF MEDITATION USING PRIMARILY BUT NOT EXCLUSIVELY THE TEACHINGS OF THE BUDDHA THROUGH ORGANISING MEDITATION RETREATS FOR THE BENEFIT OF ALL WHO ATTEND REGARDLESS OF THEIR FINANCIAL CIRCUMSTANCES.

Activities: We aim to make Insight Meditation retreats available to everyone. Our retreats are open to all without any charges. Insight Meditation is the practice of developing mindful investigation, leading to wisdom, compassion and the ending of suffering. It is Buddhist in origin but our retreats are open to all regardless of religious affiliation. Our retreats are generally in silence.

Classification

- **How:** Provides Services
- **What:** Education/training
- **Who:** The General Public/mankind

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£16,383	£19,148	-	-
2023-12-31	£20,581	£20,146	-	-
2022-12-31	£12,097	£12,090	-	-
2021-12-31	£7,684	£8,499	-	-
2020-12-31	£11,736	£10,315	-	-

Trustees

Name	Role	Appointed
Dr Lesley Wye	Chair	2022-03-09
Caroline Low		2025-11-30
RICHARD REID		2013-05-01
STEWART MOIR		2015-01-06