



## Blossom Awakening

### A Just This Residential Retreat

A spring stroll though Dogen's 'Plum Blossoms'  
accompanied along the way by the poetry of wandering monk Saigyo in 'Blossom  
Awakening'

**To be led by Josh Gifford and Trudy Johnston**

**Saturday 2nd to Thursday 7th May 2026  
Sheldon Retreat Centre, Devon**



The old plum tree is boundless  
all at once its blossoms open  
and of itself the fruit is born  
it forms spring  
*Dogen*

In Shirakawa  
a nightingale sings  
on a springtime twig -  
as if listening  
to what the cherry blossoms say.  
*Saigyo*

You are warmly invited to our Spring retreat to be held in the beautiful surroundings of Sheldon, when the woods will be carpeted with bluebells.

If you know you are planning to attend, your support and encouragement in booking and paying your deposit by 10th December would be much appreciated.

As part of the practice opportunities on a residential retreat, participants will be involved in all the aspects of a pop up community; e.g. cooking, cleaning and kitchen duties. Meals will be simple and vegetarian, with the possibility of being vegan. The five day residential retreat accommodation offers twin ensuite rooms with bedding and towels supplied.

Camping places are available, when all rooms are full. These will be allocated on a first booked basis. There is a reduction offered of £20 less on your final payment, as bedding and towels are not provided for campers. Please indicate on the booking form that you would like to camp.

The venue is a purpose built retreat centre in the beautiful rolling Devon countryside.

[Sheldon Centre, Sheldon Lane, Doddiscombsleigh, Exeter, Devon EX6 7YT](#)



Pricing: We offer three price points for the Residential.

We hope that the mid price point will cover all our costs; the higher pricing point incorporates a donation to support the lower price point offered.

Arrival:	Saturday 2nd May, 4-5pm
Departure:	Thursday 7th May, 4pm
Price:	£650, £750, £850.
Deposit:	Non-returnable deposit of £125 by 10 Dec

Financial assistance: There is a bursary fund available for anyone who wishes to apply. Please email us with details of your request at the address below and select this option on the Registration Form. We will review all requests received and contact you individually with what we are able to offer. We appreciate that many people travel from afar and we do not want this to prevent you from attending the retreat.

**Registration:** Please click on the link below to complete the registration form:  
[2026 May Retreat](#)

**Confirmation.** Once you have registered you will receive a confirmation email with payment details. If you have any questions please do not hesitate to contact us at [contact@justthiszen.org](mailto:contact@justthiszen.org)