



Passing Through the Gateless Gate

A Just This Retreat

To be led by Josh Gifford and Trudy Johnston

**Friday 30th October to Monday 2nd November 2026
Arnside Educational Institute**



The Gateless Gate image by Ji Ryū Myō Kan

***The truth is, there is no gate or barrier
Where you feel stuck is precisely where you realise
awakening or freedom***

Guo Gu

We are delighted to announce that our Autumn retreat this year will be held in the lovely coastal village of Arnside in Cumbria from Friday 30th October to Monday 2nd November.

During this retreat we will continue to develop our practice of entering Noble Silence at the start of the retreat and to hold this throughout the day.

We ask that participants attend all four days in order to support the container of the event. Please contact us about your capacity to fully attend.

If you have specific adjustments needed for you to participate in this practice, please discuss these with our teachers.

Venue: Arnside Educational Institute,
Hazel Bank, 4 Church Hill, Arnside, Carnforth, LA5 0DF

The venue is Arnside Educational Institute which is two minutes walk from the village, where there are cafes and shops, and the shores of the wide estuary which offer views of the hills of The Lake District. We will have access to the whole of this fine building which will include access to a kitchen, dining room and rest space. This will be a beautiful place and location to practice together.

Travel: Arnside, which is around fifteen miles north of Lancaster, has good rail links with the city. There are regular trains between Lancaster and Arnside, the journey typically taking twenty minutes. In the other direction, the journey between Barrow-in-Furness and Arnside takes typically forty minutes.
Arnside is eighteen miles by road from Lancaster and it is easily reached from the north and the south via the M6. The venue has a large car park.

Dates: 4 days – Friday 30 October - Monday 2nd November

Timing: Provisional timings - these will be adjusted to fit with train times.
Friday 11.00am - 5.30pm
Saturday and Sunday 9.30am - 5.30pm
Monday 9.30am - 4.00 pm

Price: We are offering 3 price points to choose from.
The higher pricing points incorporate a donation to support bursaries.
Please choose the price you can afford: **£250, £300, £350** (1/2 bursary £150)

Financial assistance: Everyone is welcome to apply for a bursary, even if you have received one previously.

Please select the bursary option on the Registration Form to request one. We will review all requests received and contact you individually with what we are able to offer.

Registration: Please click on link below to complete the registration form,
[Retreat Registration Form](#) You may need to press Ctrl+link to activate.

If you already know that you will be booking for the retreat we would find it helpful and encouraging if you would complete the registration form and pay your £50 deposit by 7th August. Thank you.

Confirmation: Once you have registered you will receive a confirmation email with payment details.

A list of suggested accommodation is available using the link [Arnside Accommodation](#)

If you have any questions please do not hesitate to contact us at contact@justthiszen.org