# James Low –

# Equanimity : Finding Balance in a Turbulent World

Central Macclesfield 2019

Friday 22nd February 10am - 5.30pm

Saturday 23rd February 10am - 5.30pm

Sunday 24th February 10:00 - 1.00pm

**Venue (non residential),  Townley Hall,**[**Townley St, Macclesfield**](https://maps.google.com/?q=Townley+St,+Macclesfield+SK11&entry=gmail&source=g)**SK11 6HZ**

(Townley Hall is part of the United Reformed Church Buildings and is situated right at the end of Townley Street)

**Directions** - [see map](https://www.google.com/maps/place/Townley+Street+Chapel/@53.2570934,-2.1259507,17z/data=!3m1!4b1!4m5!3m4!1s0x487a493b93533d33:0x6b8d08d17b0ac8e4!8m2!3d53.2570934!4d-2.123762" \t "_blank)

Within walking distance of the Rail & Bus stations and the Travelodge (as you leave the train station turn left down Sunderland Street, turn right down the side of the Jolly Roger pub, walk straight ahead (car park on the left) to Townley Hall.

**Carparks**- (Pay and Display- £4.30 for full day) on Townley St,  Pickford St,  Park Green (footpath next to UR Church on Park Green leads round to Townley Hall),  Duke St.

**Suggested Donation**

Friday: £35, Saturday: £35 & Sunday £15  
We would ask you to pay the full 'suggested donation' if you can. If you cannot, please do not let this prevent you from coming to the weekend. You are most welcome to come and give what you can afford, bearing in mind how fortunate we are to have such a senior and renowned teacher as James Low.

**Booking for this course is advised as James’ talks are very popular.**A deposit of £5 per day attended is required.

**Please reply to this email to book.** abuxton100@icloud.com

**Mats and Cushions**

There are plenty of chairs in the hall but please bring mats and cushions if you prefer them.

**Meals**

**Please book for lunches and Saturday evening meal by Monday 11th February**.  They can be paid for on the weekend at registration. **Please reply to this email to book. abuxton100@icloud.com**

**Lunches** on Friday and Saturday will be provided at Townley Hall (booking required - please state choice of vegetable or chicken curry for Saturday lunch)

Friday Lunch- £4 -buffet lunch of sandwiches, wraps snacks etc

Saturday Lunch- £5- a choice of vegetable curry or chicken curry

**Saturday Evening (booking required) - Turquoise** - 26 Great King St, Macclesfield SK11 6PL

Wonderfully hospitable Zaf has offered to open up his little cafe "Turquoise"  and cook us a three course Turkish Dinner for £18. He is a great cook, a great friend to us and it should be a great evening. The cafe is not licensed but we can bring our own alcohol.

Numbers limited to 20 due to the size of the cafe!