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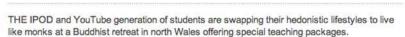
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Pupils have taste of the quiet life

Article | Published in TES Cymru on 18 May, 2007 | By: Jill Tunstall

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Brother Edo and Brother William, who spent a year rebuilding a derelict farm at Trawsfynydd, near Dolgellau, have opened their monastery doors to schools. Their A-level package for RE students includes silent meals, meditation and chanting.

They now plan to extend their work programmes so all age groups can experience their way of

"This is a way for young people to learn about a different culture," says Brother Edo from Hokkaido, Japan, who is learning Welsh.

A group of 20 pupils from Ysgol David Hughes, Menai Bridge, were the first to visit the lakeside Pine Forest Sangha to spend a day with the monks and their menagerie of animals, including

"It was a pleasure to host this group," says Brother William, who comes from England originally. "We sat in noble silence during lunchtime - the young people were very respectful."

Brother Edo added: "They asked some good questions."

Delyth Williams, RE teacher at the school, said the long periods of silence were a strain on some of the pupils, who are used to living with constant noise.

"They were given the chance to practise a mantra and to meditate. The periods of silence made a lasting impression on them," she said.

* http://www.pineforest.org.uk/

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