



Body, Earth & Breath

We are delighted to be offering this retreat again at Dhanakosa in 2024.

Body, Earth & Breath is the result of our shared interest and personal explorations over many years working with the body in movement, stillness and hands on touch.

Each day we will explore how the body can be a 'doorway' into listening to ourselves and take us into a deeper, more open and easeful relationship to our experience. We will offer guided and improvised movement explorations, sometimes with music; for example, how is it to feel ourselves made of the earth, to inhabit, breathe and dance our bones and find the movement, stories and images our bodies' hold.

We will also introduce the practice of Authentic Movement, an embodied relational movement practice - it's a bit like the metta bhavana as a movement practice! In a relational field the practice invites us to deeply attend to the body's impulses and follow their expression in movement. In this practice life becomes more spontaneous, creative and more deeply personal, as we allow ourselves to become authentic to our own nature –more genuinely who we are and be seen for who we are.

Each day there will also be periods of meditation and free time as well as periods of silence. No experience of movement or bodywork is needed to join us. If what we describe here resonates with you then it is for you and we look forward to meeting you!

Is there anything special I need to bring?

Weather permitting, we will spend time outside and play with moving in the landscape –so bring layers and waterproofs including waterproof leggings/trousers if you have them!

We have meditation cushions etc. Please bring loose and comfortable clothing for the movement practices.

About the retreat team

This retreat is led by Padmarashini and Inalu. For more information, take a look at the retreat leader profiles on our website: <http://dhanakosa.com/retreats>