



# Going Deeper – Awake in the Wild

## About the retreat

Going Deeper retreats are an ideal first regulars' retreat. They are suitable for anyone who has already done an introductory retreat or who has been regularly attending their local Triratna centre and wants to take things deeper.

In Going Deeper – Awake in the Wild we will take our meditation practice into the great outdoors. Awakening our senses to the different elements of the surrounding landscape, we will cultivate a deeper sense of connection with nature.

To help ground our experience we will have a daily gentle movement practice, with early morning Qi Gong by the loch and an afternoon session of guided movement/dance exploring the elements in our embodied experience. The retreat will also include an introduction to Buddhist ritual and the seven-fold puja, with an emphasis on connecting with nature.

## Is there anything special I need to bring?

Walking boots or shoes, waterproof jacket and trousers, warm clothes including hat and gloves, a small rucksack, a water bottle and sun cream, a **mat or camp chair** for sitting outside on.

## What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell, gentle movement followed by meditation practice. Mid-morning there will be a mixture of talks and outdoor meditation/nature practice. Late afternoon meditation and gentle movement. Evening time will be either discussion groups, ritual or talks. On one of the silent days, we may have a less structured day with an opportunity to spend the time following our own programme of practice.

There will be periods of silence throughout the retreat with two to three days of silence in the heart of the retreat.

## About the retreat team

The retreat is led by experienced members of the Dhanakosa teaching team, for more information see the retreat leader profiles here: <https://dhanakosa.com/retreats>