



A Heart as Wide as the World

About the retreat

'If happiness has not its seat and centre in the breast. We may be wise or rich or great but never can be blessed. No treasures, no pleasures can make us happy long. The hearts aye the part aye that makes us right or wrong'; so Robert Burns declared 200 years ago.

We will focus on meditations of the heart; practice exercises that will lead us into the hidden depths and treasures that lie in our hearts; explore the heart opening potential of living for a week in spiritual community with like-minded people. The approach to teaching will be practical and direct, with plenty of time to reflect and just to be, free from all the pressures and demands of our ordinary lives.

This retreat is suitable for complete beginners as well as being an ideal refresher for those who already have some experience.

What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell. We will practice chi kung followed by meditation at 7.00am. Meditation sessions will begin with some instruction and will normally last for around 30 minutes. After breakfast there will be a relaxed morning programme including short talks; reflection exercises; and opportunity for discussion.

Afternoons will normally be free time with a second meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting.

There will be periods of silence throughout the retreat to support reflection. These will normally be overnight and will be extended to include a full day in the heart of the retreat.

About the retreat team

This retreat will be led by members of the Dhanakosa teaching team. For details see our web site.