

# Into the Flow: Meditation Retreat



## Bio

Locana (Elizabeth English) currently teaches mindfulness at Cambridge University. Her approach to meditation draws on over four decades of meditation practice, and integrates her training in Focusing, Nonviolent Communication, and Somatic Experiencing trauma therapy. It is also underpinned by Locana's doctoral research into Sanskrit meditation texts (*Vajrayogini*, published Wisdom 2002), and the practice of Recollective Awareness. Her first 'Gentle Guide to mindfulness meditation' was published in 2022: *Journeys to the Deep* with a sequel due out shortly: *Into the Flow* (The books are available on Amazon or from the Dhanakosa Bookshop.) Locana also loves singing, and wild walks with her cocker spaniel, Cherub.

## About the retreat

This retreat for anyone wishing to explore meditation and their inner world. You may want to inspire or re-inspire your meditation, or to benefit from new perspectives and approaches. Whatever your starting point, we take a relaxed approach, aiming to make meditation as enjoyable and enriching as possible. We also discover how to make meditation uniquely our own, seeking the right approach for ourselves at different times. In this way, meditation can become a real resource and a steady support in our lives. Anyone who has lost confidence in meditating, or who wishes to recharge or deepen their practice, may find this retreat especially helpful.

This retreat is a good follow on from our *Journeys to the Deep* retreat in 2023, but also suitable for those new to Locana's retreats. We base the retreat on the *Gentle Guides to Mindfulness Meditation* a series of books by Locana / Elizabeth English (details below). Workshops include interactive exercises and time for creative expression, and also explore the deep journey of sleep. You may wish to record or journal your meditation journey in ways you enjoy, e.g. writing, artwork, movement, song, walks in nature. We draw on mindful perspectives found in Focusing, Nonviolent Communication and Somatic Experiencing.

The retreat is suitable for those of any faith or none.

## **Approximate programme:**

6:30 Rise

7:15 Gentle movement

7.30 Meditation and 'journaling'

8.20 Chanting

8:45 Breakfast

10:30 Exploring Meditation (workshops etc.)

12.30 Meditation in Nature

13:00 Lunch

14:00 Free time

16.00 Exploring Meditation (workshops etc.)

18:00 Dinner

7.30 Evening activity and/or short meditation

## **Meditation**

All or some of each session will include led meditation, which you may follow, or not, as you wish. If you practice a particular meditation, you are welcome to continue with that. The meditation guidance is flexible, and likely to complement other practices.

## **Work Period**

Each day everyone able to will do a short simple job, such as washing up or chopping vegetables (under the guidance of the retreat centre cook).

## **Silence**

The retreat offers the rare chance to experience periods of silence. We observe silence overnight until the 10.30 session. On a couple of days, depending on the group's wishes, we may extend the silence until lunchtime.

## **Advance preparation / things to bring**

Please bring a pen, paper and any art materials you enjoy using. You may wish to read either of the meditation books by Elizabeth English: *Journeys to the Deep* (Mud Pie, March 2022) or *Into the Flow* (Mud Pie, December 2023), from the series: *A Gentle Guide to Mindfulness Meditation*. These are available from Amazon, or the Dhanakosa Bookshop .