



# Introduction to Buddhism and Meditation

## About the retreat

These retreats are an excellent short introduction to Buddhism and Meditation. We will cover an introduction to two traditional Buddhist meditations: the mindfulness of breathing and the development of loving kindness (Metta Bhavana). We will also introduce some key elements of the Buddhist tradition. As well as giving a grounding in the basic principles of Buddhism and meditation, these retreats are an ideal reflective situation in which to take a fresh look at ourselves.

These retreats are suitable for complete beginners to meditation as well as being an ideal refresher for those who already have some experience.

## What can you expect from the programme?

The retreat begins on the Friday evening with dinner at 7pm and a chance to get to know your fellow retreatants.

On Saturday & Sunday we begin at 7am with a rising bell followed by meditation at 7.30am. Meditation sessions will begin with some instruction and will normally last for between 20 and 30 minutes. After breakfast there will be a mixture of talks, workshops, reflection exercises, and meditation to help us explore Buddhism and Buddhist meditation experientially. The afternoon will normally be free time with a shorter meditation session before the evening meal. In the evening there will be a mix of group discussions and an exploration of Buddhist chanting and ritual.

The retreat will finish at around 3pm on Sunday.

There will be periods of silence on the retreat to support reflection. These will normally be overnight but may also include substantial periods during the day.

## About the retreat team

These retreats are led by members of the Dhanakosa teaching team.