

# A Landscape of Colour

## About the retreat

The combination of observing the beautiful landscape at Dhanakosa along with the practice of meditation allows one to cultivate an open awareness of oneself and a deeper connection with nature. This will be a week of reflection and creativity using drawing, painting and meditation. The week will cover full guidance in meditation, some Buddhist ritual and will include some periods of silence to deepen our awareness. Art sessions will be practical and explorative using colour, drawing, and poetry to observe and record experiences. There will be short excursions in the nearby area (dependent on the weather) to enjoy different views and aspects of the landscape.

## Is there anything special I need to bring?

There is a limited selection of art materials available for communal use so bringing your own set of art materials. There are drawing boards, A2 cartridge paper supplied and plastic folding chairs.

Loose comfortable clothing for meditation. You may wish to bring a painting shirt or apron. Outdoor clothes for sun and rain, bring boots and swimming costumes!

## A list of art materials to bring:

- Small size drawing pad
- Small size watercolour pad
- 1-2 bulldog clips (to hold paper in place)
- 2B or 3B drawing pencil or charcoal pencil
- Fine line pen
- Colour pencils or pens
- Oil pastels or chalk pastels (can of hair spray or fixative)
- Set of watercolours and several brushes
- Plastic water container with sealed lid (for outdoors)
- Masking tape
- Folding seat or mat (optional)
- 2 postcards of paintings or drawings which you like

## Retreat leaders:

**Vidyadipa** is an artist working with themes of landscape and nature. She exhibits her artwork widely as Lesley Burr and has made working trips to remote locations including to the Canadian arctic as artist in residence in 2019. She enjoys sharing the joy of making artwork and has taught art for over 30 years. More info see: [www.lesleyburr.co.uk](http://www.lesleyburr.co.uk)

**Dhiraka** has many years of experience teaching meditation and Buddhism. His approach is based on clarity and simplicity. His experience is that anyone can learn to meditate with the right instruction, that is free from jargon, grounded in a relaxed body awareness and full of love.