



Going Deeper with Walking and Nature Awareness

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 attending their local Triratna centre and wants to take their practice deeper.

By going deeper with walking and nature awareness we are giving ourselves the opportunity to experience life away from the trappings of our everyday routine and to relax into the freedom and spontaneity of our basic relationship with natural world around us. For it is this relaxation that supports a deeper understanding of ourselves and stronger appreciation of the connection with those around us and the natural world.

We will explore how our connection with nature, landscape, and the elements can support a deepening of awareness and a more embodied and harmonious approach to life. We will weave together Buddhist teachings, meditation practice, and an appreciative and playful investigation of the natural world around us to create an experience of depth and connection.

We will continue exploring the Mindfulness of Breathing and Metta Bhavana and also introduce a stronger Just Sitting element to the practice, and more reflection, both on and off the cushion. The retreat will also include an introduction to Buddhist ritual. There will be longer periods of silence together and quiet walks will all support a deep and rich experience both of ourselves and the world around us.

Is there anything special I need to bring?

On this retreat we will be spending quite a bit of time outdoors. Possibly in all weathers! So please bring warm clothes (including hat and gloves), waterproofs (jacket and trousers), and suitable walking boots or walking shoes. Please also bring a small rucksack, a Tupperware box or reusable sandwich wrapper for your lunch, and a water bottle. We would also recommend you bring wicking quick-drying clothes to walk in.

What can I expect from the programme?

The retreat day starts at 6.30am with a rising bell and then a double period of meditation at 7.00am. Meditation sessions will be lightly guided and will normally last for between 30 and 40 minutes. There will be some outdoor activities every day including short exploratory walks, and some longer walks of up to 8km. The longer walks will be mostly on tracks and paths but may

include some off path stretches*. There will normally be another 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 on the retreat to support reflection. There will be two to three days of silence in the heart of the retreat.

*We may from time to time also take groups up into the hill country around Dhanakosa. However, when we do this, we follow safety protocols that may limit who we can take according to your fitness levels and appropriateness of equipment, as well as the availability of suitably experienced walk leaders.

About the retreat team

These retreats will be led by our retreat leading team. Each retreat will have a main meditation teacher and two or three walk leaders, a retreat organiser and a cook.