



# Young Buddhist Weekend

## About the retreat

Join Amayaraja and Candradhi at Dhanakosa for a weekend of practice and connection with young Buddhists from across Scotland and beyond. During the retreat we will explore what it means to bring all of our energy onto the path, and how to navigate the seemingly tensions and polarities that face us, within and without, in our lives and the world. Peace and passion, engagement and withdrawal, self and world...

Through stories, meditation, discussion, and ritual we'll explore what it means to live a creative life of practice using mythic imagery from the life of the Buddha.

The retreat is open to young people aged 35 and under with all levels of experience.

## What can you expect from the programme?

The retreat day starts at 7am with a rising bell, and a meditation at 7.30am. Meditation sessions will begin with some instruction and will normally last for between 30 and 40 minutes. Each day there will be a mixture of talks, groups, reflection exercises, and meditation to help us explore the theme experientially.

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

## About the retreat team

The retreat will be led by Amayaraja and Candradhi of the Glasgow Young Buddhist Kula.