

Awakening Body

Movement, meditation and Buddhism

About the retreat

This retreat takes an embodied approach to meditation - cultivating presence, aliveness and kindness through sitting meditation and a range of mindful movement practices including free-form dance, gentle yoga and qi gong. This retreat is perfect for beginners curious about Buddhism and meditation, as well as those looking to deepen their existing practice through an embodied lens.

You'll learn two traditional Buddhist meditations – the mindfulness of breathing and the loving-kindness practice - as well as receive a clear introduction to the principles of meditation. We will also be exploring some traditional Buddhist teachings to get a flavour of how these might be relevant to modern life.

As well as time to move and meditate together, this retreat will include time for reflection, discussion, connection with others and time to explore the beautiful landscape around Dhanakosa and time to rest and just be, away from the pressures of everyday life.

You'll gain practical tools to navigate the challenges of daily life with greater calm and clarity, fostering a sense of resource and well-being that extends far beyond the retreat itself. Come and experience the transformative power of connecting mind and body, in movement and stillness.

This is an introductory retreat, open to all. No previous experience of meditation, dance or movement is assumed so these retreats are suitable for complete beginners and they are also a good refresher for those who already have some experience.

What can you expect from the programme?

The retreat day usually starts at 7am with a rising bell and gentle movement and meditation before breakfast. Meditation sessions are guided and will normally last for around 20-30 minutes. After breakfast there will be a relaxed morning programme including teaching, movement and meditation.

Afternoons will normally be free time with a second meditation/movement session 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 throughout the retreat to support reflection. These will normally be overnight and will be extended to include a full day in the heart of the retreat.

What to bring with you

Loose, comfortable clothes for movement practice and a water bottle. Layers of clothes can

be good for warming up and cooling down.

For local walks a waterproof jacket and walking shoes or boots. Swimming gear and towel if you would like to swim in the loch. A notebook can be useful, for journaling and reflection.

About the retreat team

Subhanaya works at Dhanakosa and was ordained in 2021. Time in nature, in the water and wild places, is an important part of her spiritual and embodiment practice. Dance and movement, primarily 5Rhythms and Open Floor, have been a major part of her life and practice journey for the last 10 years. She qualified in 2024 to teach Open Floor Movement Practice. Find out more here: www.subhanayadance.com

Candradhi (she/they) draws on Buddhist meditation, somatic movement and ecological awareness as ways of deepening and enlivening relationship to self, other and world through an embodied and heart-led practice. In 2018 they trained as a yoga teacher with Bodhiyoga, and regularly teach yoga and meditation at Dhanakosa.

Sagaramaitri has practised yoga for over 20 years and completed two teacher trainings with Bahia Yoga and Bodhiyoga. Her approach weaves together core principles of awareness and kindness, allowing the body to lead from intuition and encouraging the exploration of each person's unique expression of the postures rather than striving from the mind. She brings a sense of play and curiosity within movement sessions, and enjoys incorporating elements of Qi Gong and the natural world into her teaching.