

# Going Deeper – Meditation and Yoga

## 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.

Going Deeper with Meditation and Yoga will emphasise a body-based approach to meditation supported by the mindful body work of Yoga to help us develop a fuller physical and emotional awareness. We will continue exploring the Mindfulness of Breathing and Metta Bhavana and also introduce a stronger Just Sitting and reflection element to the practice. These retreats will also include an introduction to Buddhist ritual and the seven-fold puja. Longer periods of silence than on introductory retreats will support a deep and rich experience of ourselves and others.

*Yoga teaching is suitable for beginners and experienced practitioners and will include elements of embodied movement.*

## Is there anything special I need to bring?

We supply yoga equipment and meditation cushion etc, but you will need to bring loose or stretchy clothing suitable for yoga (without buttons or zips).

## What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell and a double meditation at 7.00. Meditation sessions will be lightly guided and will normally last for between 30 and 40 minutes. There will normally be a yoga practice session before lunch and a second optional yoga session in the afternoon, with another meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist ritual including an introduction to the seven-fold Puja. There will normally be an opportunity to discuss your meditation practice with members of the retreat team 1-to-1.

There will normally be periods of silence throughout the retreat with two to three days of silence in the heart of the retreat.

## About the retreat team

These retreats are normally led by members of our teaching team, and each retreat will have a main meditation teacher as well as two Yoga teachers. For more information about leaders of specific retreats please refer to our web site:

<https://www.dhanakosa.com/retreats>