



DHANAKOSA
BUDDHIST RETREAT CENTRE

Embodied Courage: LGBTQ+ Meditation

About the retreat

A deeply precious opportunity to practice meditation, build community and cultivate joy with other LGBTQ+ folks – finding the courage to turn towards ourselves, others and the fullness of our lives.

As LGBTQ+ people we live in a world that can marginalise us and teach us to deny our desires, feelings, and bodies in order to survive. This can cause us to disconnect from being fully alive, fully who we are.

When we deeply inhabit our body it gives us a resource from which to walk through life more easefully, freely and joyfully. On this retreat, we will use different methods to help us find the support to witness and engage with ourselves, and others, with love, kindness, courage, and joy.

Alongside meditations focusing on breath, body and heart, there will be exercises focusing on the energy centres in the body that lead to an increasing awareness of our energetic/somatic being. This builds our resources both inner, outer and higher to help us find the true ground of our “being-ness”. From this ground we can courageously meet life and see the deeper truths of reality.

We will be working in healing circles several times during the week which is a practice of deep listening and speaking, which allows for connection and healing, and serves as an interpersonal meditation practice.

This retreat is suitable for people with at least six months regular meditation practice, are comfortable with periods of unguided practice, and who have attended at least one full week's retreat before.

Is there anything special I need to bring?

Loose clothing for meditation. Journal and writing implements.

What can you expect from the programme?

The retreat day starts at 6.30am with two meditation periods. You can expect about 5 – 6 hours a day in the shrine room, in sitting practice (broken into 30/40 minute periods) and interactive teachings and puja (ritual). There will also be opportunities for meditation reviews and bodywork.

We will be practicing silence for much of the retreat (usually from Saturday evening through Thursday morning), so please make sure you have experience of silent retreat and are comfortable being with others in silence before booking.

About the retreat team

Pasadini's (they/them) main focus in practice is working with shadow energies, and brings curiosity in meeting all that arises in experience through a deeper connection with our energetic being. They currently live in Glasgow, and are a psychotherapist. They have been a student of meditation since 2000 and lead retreats regularly in the beauty of Dhanakosa.