

Young People's 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.

This weekend retreat offers a supportive, down-to-earth space to explore meditation, mindfulness, and the Buddha's teachings as tools for grounding, connection, and radical self-acceptance.

Together, we'll explore practices that help us come home to our bodies, deepen self-awareness, and cultivate compassion — for ourselves, each other, and the world. Through meditation, simple ritual, time in nature, shared inquiry, and community, we'll begin to tap into an embodied wisdom that many of us long for.

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.