



# Awakening Heart

## Metta, movement and nature

### About the retreat

This retreat takes a deeply connected approach to meditation—anchoring ourselves in nature awareness and cultivating an open heart through metta (loving-kindness). Together, we will foster presence, deep aliveness, and compassion by immersing ourselves in the natural world and practicing heart-centred meditation.

To support and integrate this inner journey, we will engage in gentle, mindful movement practices—including restorative yoga and qi gong—allowing the body to ground the insights of the mind and heart.

This retreat is perfect for beginners curious about Buddhism and meditation, as well as those looking to deepen their existing practice through an embodied, nature-based 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 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, meditation and nature awareness practices.

Afternoons will normally be free time with a 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

### **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 time outside a waterproof jacket, trousers and walking shoes or boots. A notebook can be useful, for journaling and reflection.

### **About the retreat team**

See our website for full profiles of retreat leaders: <https://www.dhanakosa.com/retreats>