



Embodying Freedom

About the retreat

The Buddha taught that life inevitably includes suffering — AND that liberation from suffering is possible. In a world marked by uncertainty and collective unease, how do we meet ourselves and one another with curiosity, courage, and a deep commitment to awakening for the benefit of all beings?

With widespread feelings of anxiety, disconnection, and overwhelm, we will explore what supports a felt sense of safety, dignity, and belonging in the body. How do we learn to expand our nervous systems capacity to stay present to even the most challenging experiences so that we can move through them together, without causing more suffering?

Collectively, we will tune into the moment-by-moment textures of our experience: tension and release, resistance and openness, contraction and spaciousness. We'll practice recognising the different parts of ourselves that emerge through these patterns and how they can become gateways to insight.

Beauty and joy will be woven throughout the retreat as essential qualities helping us open to ourselves, to each other, our communities, and the world. At the heart of our exploration will be learning to open to and trust the impermanent and insubstantial nature of experience, as gateways to qualities of the awakened mind.

The retreat will include teacher input, guided meditations, 1:1 practice reviews, individual and group reflections, mindful movement, neurosensory practices, chanting, and ritual.

The retreat is suitable for people who already practice within the Triratna Buddhist Community and are familiar with the mindfulness of breathing, the metta bhavana and basic Buddhist principles, as taught within Triratna. You will have at least six months meditation experience and a regular, ideally daily, meditation practice.

What can you expect from the programme?

This is a silent meditation retreat. Participants should expect to go into silence on the first full day and come out of silence on the last full day. During silent time there will be opportunities for short meditation reviews with someone on the team.

The retreat day starts at 7.00am with meditation. You can expect about 5 – 6 hours a day in the shrine room, a lot of which will be sitting practice and also include interactive teachings and evening puja/ritual.

Is there anything special I need to bring?

- Loose, comfortable clothes for meditation and gentle movement.
- Warm, waterproof clothes and walking shoes for exploring the landscape around Dhanakosa.

About the retreat team

Singhashri (she/her or they/them) is a queer, Latinx-American dharma teacher and writer. They teach mindfulness and compassion as means to awakening to love, beauty, and truth and have committed their life to supporting collective liberation for all and the joy and freedom found there. They teach at various retreat and urban centres across the UK, Europe, and the USA, and they support a number of projects aimed at creating greater diversity and inclusion within Buddhist sanghas and the secular mindfulness field. Find out more on their website [here](#).

Balajit (he/him) has been leading retreats and events across the UK for around 17 years. For several years he lived and worked at Vajraloka Retreat Centre in North Wales.

He is currently based in Birmingham, where he mixes Buddhist teaching responsibilities with work as a trauma therapist. He has studied and practised the newly emerging psycho-biological approaches to trauma work-and is qualified in Somatic Experiencing, NARM therapy and SHEN Therapy.

In the past few years, Balajit has been exploring the intersection of trauma, the human nervous system and the ancient teachings of the Buddha. Buddhist practice presents a opportunity to work through and release the forces that keep our hearts closed. His teaching focuses on the core teachings of the Buddha as outlined in the ancient texts. He particularly emphasises the importance of body awareness and embodiment, both in meditation and in everyday life. So that insights and shifts impact actual behaviour of body, speech and mind, rather than just being understood as ideas and concepts.