



# Falling into Freedom

*"Abide without seeking, and loosely remain in the natural state" - Tilopa*

## About the retreat

Modern life is complex, often demanding and can be highly technical too. And as human beings gifted with the magical mystery of awareness, we have all we need to align with and relax into awakening, just as the Buddha did.

On this retreat we will explore the possibility of easing into natural simplicity and effortless enjoyment of life's journey. Drawing on the ancient wisdom of Mahamudra we will invite in resources, release obstacles, and relax into the flow of life more fully without the stress of trying to control our experience. The retreat will invite a revitalisation and a fresh approach to practice, wherever you are on your journey and whatever meditation you practice.

As a retreat community we will meditate together, becoming a stronger force for good in the world. We will do this within the timeless flow of awakening in the company of all our fellow meditators past, present, near and far inspired by all enlightened beings, mythical, magical, and just like us.

This retreat is for people who already have a regular meditation practice and established connection with the Triratna Buddhist Community and who are already familiar with the mindfulness of breathing and the metta bhavana, and the practice of puja.

## What can you expect from the programme?

As a meditation focused retreat, you can expect four to five hours of shrine-room based practice a day, and for most of the retreat to be conducted in silence. You can also expect periods of open reflection, ritual and devotional practice, short teaching sessions, and opportunities for one-to-one meditation reviews through the week.

There will also be optional periods of Qi Gong or other light movement-based practice throughout the week.

## About the retreat team

Candrika has been exploring meditation for nearly thirty years, often in tandem with working as a psychotherapist. In recent years she has been focused on helping others to relax into their spiritual unfolding as part of her own journey. Amoghavira is a senior member of the retreat leading team.