



The Dynamics of Liberation

About the retreat

Buddhism offers a practical path away from suffering and towards liberation. But how does this actually work? What do you actually do? We follow this path by seeing more clearly the dynamics of the mind that lead to suffering, and those which lead to liberation. And then learning to choose the latter. Both through a blend of discriminating activity, and receptive openness.

On this retreat we will engage with the study of some basic Buddhist principles, examine how we can apply these principles to our own experience, and then turn that understanding into an effective practice we can carry forward into our day to day lives.

Rooted in basic Buddhism, and Sangharakshita's presentation of the Dharma, we will take an integrated approach including study, meditation and ritual. And look at how our lives as individual practitioners are enriched and deepened in the context of a community of practice and our connection with the wider world.

What can you expect from the program

This retreat is in our Going Deeper programme, so you can expect longer periods of meditation (30 to 40 minutes), longer periods of silence (three days) and more ritual practice (puja) than on our introductory retreats. There will also be an expectation that you have some experience of the mindfulness of breathing and the metta bhavana meditation practices (for a refresh, see here: [Metta Bhavana](#) and [Mindfulness of Breathing](#)) and some familiarity with practice in the context of the Triratna Buddhist Community.

Each day there will also be free time and some accessible light body work.

There is no pre-retreat reading for this retreat but you may want to bring a notebook with you. If you are not sure if this is the right retreat for you, please feel free to get in touch.

About the team

This retreat will be led by Nayaka along with a team from the Dhanakosa retreat leaders' group. Nayaka has been leading retreats at Dhanakosa for over 25 years and is a senior member of our retreat leading team.