



Imbolc Winter Walking: Walking, Nature Awareness and Meditation

About the retreat

This retreat takes Dhanakosa's well established walking and nature awareness retreat format into the winter season and honours the Celtic festival of Imbolc. This turning point of the year marks the beginning of spring and the first signs of the awakening of the coming year.

Walking in the winter landscape, and discovering the first signs of spring, gives us an opportunity to reflect on new beginnings and emergent potential in ourselves as we enjoy what this sensitivity can draw forth in our lives. As well as guided walks, we'll meditate and do ritual practice outdoors, inviting a rich sense of the aliveness of everything that surrounds us.

This retreat is part of our Going Deeper programme. These retreats are suitable for anyone who has already done an introductory retreat or who has been attending their local Triratna centre and wants to take things deeper. Longer periods of silence together with quiet walks will all support a deep and rich experience both of ourselves and the world around us.

Is there anything special I need to bring?

On this retreat we will be spending quite a bit of time outdoors. Please bear in mind that it will still be winter! So please bring warm clothes (including hat and gloves), waterproofs (jacket and trousers), and suitable walking boots or walking shoes. Please also bring a small rucksack, a Tupperware box or reusable sandwich wrapper for your lunch, and a water bottle. We would also recommend you bring wicking quick-drying clothes to walk in.

You can [watch our short video](#) and hear from Bea, one of our walk leader team, talking about the guided walk options and what to bring with you.

What can I expect from the programme?

The retreat day starts at 6.30am with a rising bell and then a double period of meditation at 7.00am. Meditation sessions will be lightly guided and will normally last for between 30 and 40 minutes.

There will be some outdoor activities every day including short exploratory walks, and some longer walks of up to 8km. The longer walks will be mostly on tracks and paths but may include some off path stretches.

In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting and ritual.

About the retreat team

This retreat will be led by Nayaka, who is a senior member of Dhanakosa's retreat leading team and leads the popular 'Animist Dharma' regulars retreat. Nayaka will be supported by other members of the Dhanakosa retreat leading group and walk leading team.