



Going Deeper – Meditation and Yoga

Flowing between Metta and Mindfulness

About the retreat

Going Deeper retreats are an ideal first regulars' retreat. They are suitable for anyone who has already done an introductory retreat, or who has been attending their local Triratna centre and wants to take their practice deeper.

This retreat emphasises a body-based approach to meditation, supported by yoga, Qi Gong and somatic movement—practices that invite you to experience movement from the inside rather than simply performing shapes. Together they help us develop a fuller physical and emotional awareness, and explore what it means to practice metta-based mindfulness in both movement and stillness.

Metta—a kindly, non-judgmental awareness—forms the basis of all our practices. We will explore how blurring the lines between the Mindfulness of Breathing and Metta Bhavana allows us to come into a greater sense of ease and expansion. We'll also bring in a stronger Just Sitting and reflection element. The retreat includes an introduction to Buddhist ritual and puja, and longer periods of silence to support a deeper experience of ourselves and each other.

Yoga teaching is suitable for both beginners to yoga and experienced practitioners.

Is there anything special I need to bring?

We supply yoga equipment and meditation cushion etc, but you will need to bring loose or stretchy, comfortable clothing suitable for yoga (without buttons or zips).

What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell and a double meditation at 7.00. Meditation sessions will be lightly guided and will normally last for between 30 and 40 minutes. There will normally be a yoga practice session before lunch and a second optional yoga session in the afternoon, with another meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist ritual including an introduction to the seven-fold Puja. There will normally be an opportunity to discuss your meditation practice with members of the retreat team 1-to-1.

There will be periods of silence throughout the retreat with two to three days of silence in the heart of the retreat.

About the retreat team

These retreats are led by members of our teaching team, and each retreat will have a main meditation teacher as well as two yoga teachers. For more information about leaders of specific retreats please see our web site: www.dhanakosa.com/retreats