



Landscape of Colour

About the retreat

The combination of observing the beautiful landscape at Dhanakosa along with the practice of meditation allows one to cultivate an open awareness of oneself and a deeper connection with nature. Surrounded by nature and landscape the retreat offers an opportunity to quieten the mind and senses and explore experience through colour and simple creative approaches. This will be a week of reflection and creativity using drawing, painting and meditation. The week will cover full guidance in meditation, some Buddhist ritual and will include some periods of silence to deepen our awareness. Art sessions will be simple and practical using watercolour, drawing, and some poetry to observe and explore experience through the meditation and painting. The retreat is not an instructional painting course.

Is there anything special I need to bring?

There is a limited selection of art materials available for communal use so bringing your own set of art materials is encouraged. There are drawing boards, cartridge paper supplied and plastic folding chairs.

Loose comfortable clothing for meditation. You may wish to bring a painting shirt or apron. Outdoor clothes for sun and rain.

Suggested list of art materials to bring:

- Small size drawing pad
- Watercolour paper pad
- Clips (to hold paper in place for outdoors)
- Soft drawing pencil or charcoal pencil such as 2B, 3B
- A few colour pencils, pastels, fine line drawing pen
- Set of watercolour paints and several brushes
- Plastic water container with sealed lid (for outdoors)
- Folding seat or mat (optional)
- 2 postcards of paintings or drawings which you like

Retreat leaders:

Vidyadipa is an artist working with themes of landscape and nature. She exhibits her artwork widely as Lesley Burr RGI and she has made working trips to remote locations including to the arctic and recently as artist in residence to the Morvern peninsula. More info: www.lesleyburr.co.uk

Dhiraka has many years of experience teaching meditation and Buddhism. His approach is based on clarity and simplicity. His experience is that anyone can learn to meditate with the right instruction, that is free from jargon, grounded in a relaxed body awareness and full of love.