



The Buddha's Invitation

About the retreat

Building a life based on compassion, connection and openness takes courage - and this is the life that the Buddha's teaching can invite us into. It is through living this life that we find real freedom, ultimately, the freedom of awakening.

This can be a difficult road to walk alone, so traditionally Buddhism calls upon the support of the Sangha: the spiritual community - our friends along the way. On this retreat we will explore together how connection and community can support us stepping onto this road to a more heartfelt life and how the traditional teachings and practices of Buddhism can guide us.

The Triratna Buddhist Community offers a unique and contemporary approach to making the ancient teachings of Buddhism meaningful and effective as a means of transformation in the modern world. Let's be the change we want to see.

Is there anything special I need to bring?

Bring loose, comfortable clothing suitable for meditation. A notebook and pen may also be useful for journalling and reflection. You may also want to bring outdoor clothes and walking shoes as Dhanakosa is surrounded by beautiful countryside.

What can you expect from the programme?

The retreat day will have periods of meditation, teaching sessions and group explorations throughout the day, with significant periods of free time in the afternoon.

Meditation and teaching sessions will be suitable for those new to Buddhist practice and those with some previous experience. There will be periods of silence on the retreat to support reflection, as well as introductions to some simple Buddhist rituals and Buddhist chanting.

Who are the team?

The retreat will be led by Moksadhi, who is Chair of Triratna Glasgow (Glasgow Buddhist Centre). And Nayaka, who is the Centre Director and a senior member of the teaching team at Dhanakosa.