



Yoga and Meditation Long Weekend

About the retreat

This 3-night long weekend retreat combines introductory meditation teaching with yoga. This playful synthesis of body-based approaches to wellbeing (through meditation and yoga) in the peaceful and beautiful environment of the retreat can help restore physical and mental vitality and balance in our lives.

We will cover an introduction to two traditional Buddhist meditations as well as give a solid introduction to the principles of meditation. We will also be exploring some traditional Buddhist teachings to get a flavour of how these might be relevant to our modern lives.

No previous experience of meditation or yoga is assumed so these retreats are suitable for newcomers and they are also a good refresher for those who already have some experience.

Is there anything special I need to bring?

We have yoga equipment and meditation cushions etc, but you will need to bring loose, comfortable clothing suitable for yoga and movement sessions.

What can you expect from the programme?

The retreat day starts at 7am with a rising bell followed by meditation at 7.30. Meditation sessions will begin with some instruction and will usually last for between 20 and 30 minutes. There will normally be a yoga practice session before lunch and a second optional session in the afternoon, with a second meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting. The retreat ends around 3pm on the final day.

About the retreat team

These retreats are led by experienced members of our teaching team. For more information see our website: www.dhanakosa.com/retreats