



Young People's Weekend

About the retreat

Join Amayaraja and Candradhi at Dhanakosa for a weekend of practice and connection with young Buddhists from across Scotland and beyond.

Drawing on the Buddha's teachings, the weekend offers a simple, supportive space to slow down, reflect, and reconnect—with ourselves, each other, and the world around us.

Alongside meditation there will be simple ritual, shared reflection, and time outdoors—offering different ways to engage with the teachings and bring them to life in our own experience. Through practice, conversation, and community, we'll explore ways of living with greater awareness, love, and ease.

The retreat is open to young people aged 35 and under with all levels of experience.

What can you expect from the programme?

The retreat day starts at 7am with a rising bell, and a meditation at 7.30am. Meditation sessions will begin with some instruction and will normally last for between 30 and 40 minutes.

Each day there will be a mixture of talks, groups, reflection exercises, and meditation to help us explore the theme experientially.

There will be periods of silence on the retreat to support reflection. These will normally be overnight but may also include a short period during the day.

About the retreat team

The retreat will be led by Amayaraja and Candradhi of the Glasgow Young Buddhist Kula. You can read more about them on their retreat leader profiles, on our website: www.dhanakosa.com/retreats