

A Heart as Wide as the World

About the retreat

'If happiness has not its seat and centre in the breast. We may be wise or rich or great but never can be blessed. No treasures, no pleasures can make us happy long. The hearts aye the part aye that makes us right or wrong'. So, Robert Burns declared 200 years ago. We will focus on meditations of the heart, practice exercises that will lead us into the hidden depths and treasures that lie in our hearts, explore the heart opening potential of living for a week in spiritual community with like-minded people. The approach to teaching will be practical and direct, with plenty of time to reflect, and just to be, free from all the pressures and demands of our ordinary lives.

These retreats are suitable for complete beginners as well as being an ideal refresher for those who already have some experience. You can expect there to be between 20 and 26 people on these retreats.

What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell, with chi kung followed by meditation at 7.00am. Meditation sessions will begin with some instruction and will normally last for around 30 minutes. After breakfast there will be a relaxed morning programme including short talks, reflection exercises more meditation and opportunity for discussion. Afternoons will normally be free time 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.

There will be periods of silence throughout the retreat to support reflection. These will normally be overnight and will be extended to include a full day in the heart of the retreat.

About the retreat team

Upekshanandi is becoming well known for her warmth and bubbly enthusiasm and loves teaching the Dharma.

Amoghavira has been teaching at Dhanakosa for many years. He loves the great outdoors and bringing the heart benefits of nature awareness to the retreats he teaches on.

Siladevi has been practicing Buddhism since 2004. She has been Manchester based for nearly all of her Dharma life and was Ordained in 2017. She loves the Dharma and would love it to be accessible to the whole range of beings who could benefit from it.

Maitrivira has been participating in Dhanakosa retreats for 20 years. He brings a wealth of experience with him.