

Going Deeper Yoga & Meditation: The Wisdom of the Body



About the Retreat

This retreat will integrate yoga practice with meditation in a seamless way to explore the wisdom that can unfold through Buddhist practice grounded in the three gateways of the body, heart and mind.

An ideal first regulars retreat. These retreats take themes from our introductory programme and introduce a stronger Buddhist context through meditation, teachings, up to 3 days of silence, ritual and chanting.

Open to anyone who has done an introductory retreat or has been attending a local Buddhist centre, is familiar with Buddhist practice and is looking to take it a bit deeper.

Is there anything special I need to bring?

Loose clothing to practice yoga in.

What can you expect from the programme?

The retreat day will start at 6.30am with a rising bell followed by a double period of meditation at 7.00am. There will be one 2 hour session of yoga each day either mid-morning or mid-afternoon. The evening will involve talks, discussion, chanting and Puja.

There will be up to 3 days of silence at the heart of the retreat and an opportunity to discuss your meditation practice with the retreat team.

About the retreat team

Amoghavira has been teaching at Dhanakosa for 30 years. He is a keen photographer and loves camping out on remote Scottish hillsides, good coffee and a good fantasy novel. He has recently been teaching himself how to recognise all the different bird calls around Dhanakosa. Check out his stunning images on www.amoghviraphotography.co.uk

Suryadarshini weaves her practice of yoga asana with the Buddha's teachings. She values the clarity of the Buddha's instructions in understanding the workings of her heart-mind. Having trained in Bodhiyoga with Sadhita and Sudaka, Suryadarshini's yoga sessions incorporate meditation, posture work and mindfulness skills. In yoga asana she encourages moments of stillness and ample time to rest.

Candradhī has been practicing yoga for over 10 years, and completed her teacher training with Bodhiyoga in 2018. She teaches mindfulness based yoga which draws on both hatha yoga and

Buddhist principles, emphasizing the cultivation of a grounded and embodied approach and the development of somatic awareness both on the mat and in daily life.

She mainly teaches on retreats, enjoying the depth and subtlety of practice that can be reached with the combined practice of yoga and meditation in an intensive context.

Candradhi was ordained in the Triratna Buddhist Order in 2022. Both her personal yoga practice and her teaching style emphasise the spiritual dimension of yoga as a means towards greater clarity, openness, compassion and freedom.