



Gay men's retreat

About the retreat

This retreat is open to all GBT men. This retreat is suitable for complete beginners to meditation, and those who already have some experience.

Buddhism teaches that all beings regardless of race, gender, or sexual orientation, have the same spiritual potential to develop greater awareness, kindness, compassion and understanding.

The retreat will allow GBT men to meet each other on a deeper level as we live, meditate, reflect and perform rituals together.

We will explore the Buddhist path of ethics, meditation and wisdom.

During the periods of meditation, we will divide into two groups so that beginners can receive basic meditation instruction if needed. You can expect there to be between 20 and 26 men on this retreat.

What can you expect from the programme?

For the first full day we will follow a lighter programme of activities to help people arrive and settle. From there on we will start at 7am with a rising bell, and a meditation at 7.30am. After breakfast there will be a relaxed morning programme where exploring aspects of the Buddhist tradition, through a mixture of short talks, discussion groups, life stories and meditation. We will also be doing some walking meditation outside each day.

In the afternoon, there will be a period of free un-programmed time for rest or exploring the beautiful glen. Or for the brave a swim in Loch Voil! There will normally be a period of meditation before the evening meal.

In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting and ritual.

To help deepen meditation, there will be the opportunity to meet one-to-one with a member of the teaching team, to share how you are finding the practices.

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

Is there anything special I need to bring?

Loose clothing suitable for meditation and outdoor clothing suitable for early March in Scotland.

About the retreat team

This retreat will be led by members of The Triratna Buddhist Order (Maitrinaga, Old Daibhidh)