



Online weekend: the taste of freedom

About the retreat

The online weekend retreat offers an excellent grounding in Buddhism and Meditation. We will be explore together how integrating the practice of meditation and the principles of Buddhism into our lives can give us a fresh outlook and guide us towards more freedom and joy.

"Just as the mighty ocean has but one taste, the taste of salt, even so the Dharma-vinaya (Buddhism) has but one taste, the taste of Freedom".

The retreat is suitable for complete beginners to meditation as well as being an ideal refresher for those who already have some experience.

What can you expect from the programme?

The online retreat will run on the [zoom meeting platform](#). This works in most web browsers, and you can also get free apps for all major mobile platforms too. You don't need to pay for an account to take part.

We will open up the zoom room 10 minutes before each session starts so you have time to settle in, make sure your technology is working and say hello before each session starts. Sessions will start on Friday evening and run as follows:

Friday Evening: 7-8.30pm

Saturday: 8.00-8.45am
10.30-12.30
4.00 -5.30pm
7.00-8.30pm

Sunday: 8.00-8.45am
10.30-12.30
4.00 -5.30pm

The retreat programme will include a mixture of talks, workshops, reflection exercises, and meditation to help us explore Buddhism and Buddhist meditation experientially. We'll spend time in discussion groups on both Saturday and Sunday so you have time to meet other people and explore the material with them and a team member.