

Painting and Meditation

About the retreat

The weeks' retreat will be based around the practice of quiet contemplation of the landscape through meditation and painting. Our theme will be the elements of water, air, fire and earth.

Looking at different ways of seeing and experiencing nature, the week will be organised into a varied programme of activities such as just looking, expressive drawing, painting and particularly using and handling colour. Using the beautiful and dramatic surroundings of Dhanakosa as a starting point, we will begin by exploring our own individual and visual responses to the landscape, working both from life and our imagination. There will be some evening activities and regular reviews of the art work.

Throughout the week we will be exploring the theme of the elements in the surrounding landscape. We will be painting with watercolours and drawing with charcoal, pencil and oil crayons. Ideally you should bring your own art materials along with a small sketchbook and a small watercolour pad. The workshop programme is supported both with plenty of practical advice and demonstrations on using and handling various art materials as well as individual tuition.

Is there anything special I need to bring?

- Sketchbook to do small studies outdoors – A4 size would be fine
- 1 small watercolour pad
- 1 set of watercolours
- 2 watercolour brushes, 1 small, 1 large
- 2B pencil and putty rubber
- Charcoal pencil
- Fine line pen
- Oil crayons
- an art book or postcard you like of a landscape (optional)
- portable seat (optional)
- camera (optional)
- Warm and waterproof clothing and boots

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 20 and 30 minutes. There will be a painting teaching session in the morning between 10.30 and 12.45. Afternoons are free time for painting, walking or relaxation with another meditation session before the evening meal. In the evening there will be a mix of talks, group discussion, reviews of art works and an occasional drawing session.

There will be overnight silence during most of this retreat and some periods of silence during the day. There will be a short end of day meditation activity in the shrine room.

About the retreat team

The painting programme will be led by Tejini, a contemporary artist living near Comrie in Perthshire. She is a graduate of Edinburgh College of Art and has over 25 years of art teaching experience behind her. Her work expresses her love of colour and nature. Tejini first started leading painting and meditation retreats in 1995 and was ordained in 2010. Tejini also has extensive experience of teaching meditation.

The meditation will be led by Dhiraka who has been practicing since his student days and was ordained in 2005. He is fascinated by the 'problem' of teaching meditation - of communicating what is a very private practice and helping others to 'get it' when he can't 'see' directly the fruits of their efforts. It is a subtle art and one that Dhiraka takes seriously, but does so with a lot of humour as well. He also teaches meditation in secular contexts.