

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. It is appropriate for people who have an established meditation practice within the Triratna Buddhist Community and are familiar with the Seven Fold Puja.

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.

The retreat will be in silence from the second full day to the last full day (except for teaching sessions). There will be an opportunity to discuss your meditation practice with the retreat team.

About the retreat team

Amoghavira has been leading retreats at Dhanakosa for many years and loves integrating meditation practice not only with bodywork but the appreciation of nature.

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.