



# Young Buddhist Weekend: Footsteps of Delight

14-16<sup>th</sup> October 2022

## About the retreat

Join Frankie, Moksadhi and Sara at Dhanakosa for a weekend of practice and connection with young Buddhists from across Scotland and beyond. During the retreat we will explore what it means in our lives to follow in the footsteps of the Buddha and join a community of practitioners on a mythic quest for freedom.

Through stories, meditation, discussion, and ritual we'll look at what it means to practice the Buddha's teaching as young people in the 21<sup>st</sup> Century. As individuals and as a collective many challenges face us as we tread our path through the world. During the weekend we will look to find ways that following in the footsteps of the Buddha can bring joy and delight into our lives.

The retreat is open to young people with all levels of experience.

## 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 30 and 40 minutes. Each day there will be a mixture of talks, groups, reflection exercises, and meditation to help us explore the theme experientially.

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

## About the retreat team

The retreat will be led by the Glasgow Young Buddhist Kula – Frankie, Moksadhi and Sara.