

Embodied Awakening – Women’s Meditation

About the retreat

From the seat of meditation, we meet our experience in its entirety. What do we do next?

It is in our direct embodied experience we are able to witness the truth of this moment, and we will learn to be with what we find without covering it up or distorting it. This moves us into the uncharted territory of learning to go beyond our caught habits, and to feel the release of liberation associated with this radical experience of letting go.

The main purpose of this retreat is to co-create a space where women can go deeper in the practice of meditation, whether you are newer to retreat* or are a seasoned meditator.

After establishing a stable heart/mind using the breath and metta practices, we will be working with allowing ourselves to be open and listen deeply to our hearts and bodies, using various techniques and emphases in our meditation.

The retreat leaders have abundant experience in holding and co-creating space in order to facilitate this process of going deeper, no matter what your experience. We wish to invite you all, you dharma heroines, to join a sangha of women practicing together--a most precious opportunity!

*Going Deeper retreats are an ideal first regulars retreat. They are suitable for anyone who has already done an introductory retreat, or who has been attending their local Triratna centre and wants to take things deeper. We will be exploring the process of integration and positive emotions and also introduce Just Sitting and a reflective element to the practice. Longer periods of silence than on introductory retreats will support a deep and rich experience of ourselves and others.

Is there anything special I need to bring?

Loose clothing for meditation.

What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell, and a double meditation at 7.00. Meditation sessions will begin with some instruction and will normally last for between 30 and 40 minutes.

There will be a teaching session before lunch, and another meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist ritual including an introduction to the seven-fold puja.

And there will be an opportunity to discuss your meditation practice with members of the retreat team 1-to-1.

There will be periods of silence throughout the retreat with three to four days of silence in the heart of the retreat.

About the retreat team

Dassini has a love of being on retreat, and has a lot of experience of leading retreats and helping people to go deeper with their meditation. She is the Chair at the Glasgow Buddhist Centre.

Pasadini enjoys encouraging others to discover their confidence and to trust in their intuition in meditation and Buddhist practice. She currently lives in Glasgow, where she is a women's mitra convenor, and also leads retreats regularly at Dhanakosa.

Viryadevi lives in Glasgow and has been meditating for 33 years. She has spent the last few years supporting adults with learning disability and training on a Dharma-based counselling course which have both challenged her to develop more heart connection in meditation and daily life.