



Embodied Courage – Women’s Meditation

About the retreat

How do we face our life fully? Where do we find the courage to turn towards ourselves, the fullness of our being, the negative as well as the positive? And not just yourself, but others also, facing them with open-ness and courage?

When we deeply inhabit the space of our body, both somatic and energetic, it gives us a resource from which to walk through life more easefully, freely and joyfully. And we give ourselves the chance to live our life more authentically, more honestly, and with true sincerity of heart. On this retreat, we will use different methods to help us find the support to witness and engage with ourselves, and others, with love, kindness and courage.

Alongside meditations focusing on breath, body and heart, we will introduce a series of exercises focused on the energy centres that lead to an increasing awareness of our energetic/somatic body. This helps to build resources both inner, outer and higher to help us find the ground of our “being-ness”. From this ground we can courageously meet life, and see the deeper truths of reality. Several times during the week we will have healing circles which is a practice of deep listening, and speaking, which allows for connection in the silence, and serves as an interpersonal meditation practice.

This retreat is suitable for people with at least six months regular meditation practice and who have attended at least one full week's retreat before.

Is there anything special I need to bring?

Loose clothing for meditation. Journal and writing implements.

What can you expect from the programme?

The retreat day starts at 6.30am with two meditation periods. You can expect about 5 – 6 hours a day in the shrine room, mostly in sitting practice (broken into 40 minute periods) but also including some interactive teachings and puja (ritual). There will also be opportunities for meditation reviews and some bodywork.

There will be five full days of silence in the heart of the retreat, starting on Saturday evening.

About the retreat team

Pasadini’s (they/them) main focus in practice is working with shadow energies, and encourages curiosity to meet all that arises in our experience through deeper connection with our energetic being. They currently live in Glasgow, is a co-chair at the Glasgow Buddhist Centre, and is studying to become a psychotherapist. They have been a student of meditation since 2000 and lead retreats regularly at Dhanakosa.

Viryadevi learned to meditate in the early 80s and over the last few years has both dismantled and then rediscovered her meditation practise. She lives in Glasgow with her partner and works as a counsellor.