



Elemental Body: movement, nature and meditation

About the retreat

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 regularly attending their local Triratna centre and wants to take things deeper.

In this retreat we will take an embodied approach to exploring our experience as elemental beings, alive in a living world. We will use dance and movement, alongside nature awareness practice and meditation to awaken our senses to the different elements of the surrounding landscape, cultivating a deeper sense of connection to ourselves and our world.

In the dance we will explore the elements through our movement, listening to the pace and ability of our own individual bodies. No previous experience of dance is needed, only a willingness to explore your body in movement, usually with music, within a supportive group.

The retreat will also include an introduction to Buddhist ritual and the seven-fold puja, with an emphasis on connecting with ourselves through nature.

Is there anything special I need to bring?

Loose, comfortable layers for movement practice.

Walking boots or shoes, waterproof jacket and trousers, **a mat or camp chair** for sitting outside on. Warm clothes for meditating outside if the weather allows.

What can you expect from the programme?

The retreat day starts at 7am with a rising bell, then at 7.30am light movement followed by meditation practice. Mid-morning there will be a mixture of talks and outdoor meditation/nature practice. Late afternoon will be a dance and movement session. Evening time will be either discussion groups, ritual or talks. On one of the silent days, we may have a less structured day with an opportunity to spend the time following our own programme of practice.

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

About the retreat team

Subhanaya – Lives and works at Dhanakosa and was ordained in 2021. She works in the garden, helping to tend this wild and beautiful place. Time in nature, particularly swimming in the loch, are an important part of her spiritual and embodiment practice. Dance and movement has been a major part of her life and practice for 8 years, both 5Rhythms© and Open Floor. She is currently in training to teach Open Floor, which is a resource based movement practice – www.openfloor.org

Moksadhi has been practicing Buddhism since 2013. She was ordained in 2019 and joined the Dhanakosa team in 2020 and regularly leads retreats there. She loves the great outdoors and is exploring engaging with the elemental landscape as part of her Buddhist practice through wild swimming, camping and roaming the hills around Dhanakosa.

Maitrivira has been participating in Dhanakosa retreats for 20 years. He brings a wealth of experience with him as a retreat leader, as a meditator and also with his own practice of movement and dance.