



# Padmasambhava and the Vajra of Awakening

## About the Retreat

The retreat will draw on the inspiration of Padmasambhava, Tantric Guru, who was invited to Tibet to transform the deeper, more unruly forces of the mind.

Padmasambhava is seen to be both a historical and mythic figure within Buddhism. He was a renowned Yogi, Dharma Teacher, Shaman, and Healer.

We will bring Padmasambhava to life through talks and Buddhist devotional practice. Through meditation, silence, and ritual we will explore both the energetic and receptive elements of his teaching.

On the basis of mindfulness and metta, and with the support of silence and ritual, we will explore the practice of 'just sitting' where we open to direct experience and the heart of awareness.

## What can you expect from the programme?

The retreat day will start at 6.30am with a rising bell and there will be a double period of meditation at 7.00am. Mid-morning and afternoon there will be further meditation sessions, which will include some teaching input. The evening will involve meditation, chanting and rituals with Padmasambhava.

The retreat will be in silence from Monday evening to Thursday morning (except for teaching sessions). There will be an opportunity to discuss your meditation practice with the retreat team.

## The Retreat Team

Shraddhadharani is well known for her heartfelt and insightful teaching. She is also a great drummer!

Maitrivira is renowned for his embodied approach to meditation teaching and has long been a devotee of Padmasambhava.

Amoghavira brings a love of nature into his teaching and has a long established connection with Padmasambhava.