



Natural Rhythms: Somatic Movement and Walking

About the retreat

On this retreat we will explore ways to support and increase our whole wellbeing through meditation, walking and fascia work, which is based around functional movement. The fascia work will be taught as a sensory experience, with props (balls, etc) - it is a fun somatic adventure and feels fantastic to do.

The retreat will include movement, guided walks, an introduction to Buddhist meditation and basic Buddhist teachings looked at from a practical perspective. But perhaps more importantly than all of this is the opportunity to experience ourselves away from the trappings of our everyday lives and to relax into the freedom and spontaneity of our basic relationship with our bodies and the natural world around us.

These retreats are suitable for complete beginners to meditation, and those who already have some experience.

Is there anything special I need to bring?

For movement sessions please bring loose, comfortable layers. On this retreat we will also be spending quite a bit of time outdoors. So please bring warm clothes (including hat and gloves), waterproofs (jacket and trousers), and suitable walking boots or walking shoes. Please also bring a small rucksack or bag for a packed lunch, and a water bottle. We would also recommend you bring wicking quick drying clothes to walk in.

What can I expect from the programme?

The retreat day starts at 7am with a rising bell, followed by movement and meditation at 7.30am. Meditation sessions will be introduced and the meditation will normally last for between 20 and 30 minutes. There will be movement and fascia work sessions every day, plus short exploratory walks and longer walks of up to 8km. There will be different levels of walk offered, all mostly on tracks and paths but may include some off path stretches. After walks there will be some fascia work and easing of muscles, normally followed by meditation before the evening meal. In the evening there will be a mix of input, group sharing, discussions and an exploration of Buddhist chanting.

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

About the retreat team

Siddhimala became involved with the Triratna Buddhist Community in 1992 and moved into a community in London before going to live and work at Taraloka retreat Centre in 1994 for 3.5yrs and at Dhanakosa in 2014 for 4 years. She was ordained in 2002 and is inspired by the Bodhisattva ideal - a life in the service of a higher purpose.

She trained to teach Tibetan Yoga (Kum Nye) from 2008-11, which she finds a very helpful addition to the practice of mindfulness and meditation. She enjoys sharing her passions of Meditation, Dharma, walking, kayaking, music and the dance of countryside and wildlife.

Shuddhasara is currently based at the Cambridge Buddhist Centre where she has been teaching Yoga including Remedial Yoga since 2000. Originally from the States where she taught and performed Contemporary Dance and Dance Therapy after receiving a BA with a major in Psychology.

She came to the UK in 1994 to pursue ordination and experience team based right livelihood, and was ordained in 2001. She continued with her Yoga training in the UK and is a Jr Intermediate Iyengar 3 teacher and has a special interest in modified and therapeutic applications of Yoga Asanas, Pranayama and Mindfulness. Some of the workshops will also introduce Sensory Awareness techniques and 'evidence based movement'. She is very much looking forward to meeting and working with you soon.