

# Women's Hillwalking and Meditation



## About the retreat

This retreat will take an embodied and heartfelt approach to exploring and deeply connecting with our experience – out walking in the hills, through gentle movement practice and in meditation.

We will meditate indoors and outside, where exploring our senses and opening our hearts to an elemental connection with nature will guide us. We will continue to practice the Mindfulness of Breathing and Metta Bhavana and also introduce Buddhist ritual and the seven-fold puja, with an emphasis on connecting with nature. Periods of silence together and quiet walks will all support a deep and rich experience of coming home to ourselves and the landscape that surrounds us, holds us and lives within us.

The retreat will include three days of guided walks, with walks to suit different levels of fitness. All walks are in the local area, but some require a short drive to get to the starting point. You can also go on your own walks and our walk leaders will be able to advise you.

The team will also offer mindful movement sessions to deepen our connection with our embodied experience and explore new ways of relaxing, moving with ease and deeply resourcing ourselves.

There may also be the opportunity for wild swimming whilst out walking and here in the loch at Dhanakosa. Please note swimming will not be lifeguard supported and is at your own risk.

This Going Deeper retreat is an ideal first regulars' retreat. It is 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.

## A note on led walks

Typically, we will offer led walks falling into three categories. The relative difficulty is often not in the length of the walk but the steepness of the climb and the difficulty of the terrain under foot.

- **Tracks and Glens** – Typically 8 to 12 km along hill tracks, but also using quiet roads; made paths; and sometimes short sections of unmade paths. And climbing between 100 and 300m over the course of the walk

- **Hill and Moor** – Typically 8 to 12km using a combination of hill tracks, unmade paths and open hill. And may climb between 300 and 600m over the course of the walk.
- **High hills** – Typically 8 to 12km. Will generally be a combination of unmade paths and open hill, including steeper or more challenging sections. And may climb between 600 and 900m during the course of the walk.

### **Are you Hill Fit?**

In order to ensure safety of groups engaging in more demanding walk days (high hills walks and more challenging hill and moor graded walks) we need to know participants on these walks are “hill fit”. Can you currently walk 3km, climbing 300m in 45 to 50 minutes reasonably comfortably. If your answer is yes, then you are “hill fit”.

If you find this difficult, there will be opportunities for you to participate in led walks on each of our walking days, but we will ask you not to participate in the more demanding walks.

Experienced hill walkers with expectations of longer walks over the higher mountains are of course also welcome, but we invite you to moderate your expectations to fit into the “retreat walking day” (max 6 hours) so you can participate fully in the retreat programme.

### **Is there anything special I need to bring?**

Yes!

A pair of well-fitting walking boots with good grip and ankle support are essential for most of the medium and difficult graded walks as many of these walks include sections of uneven ground. Our guides will not take you on a walk if they consider your footwear unsuitable.

Waterproof jacket and trousers.

Suitable clothing: Light weight trousers (not jeans), underlayer that will “wick” moisture away from the skin (preferable not cotton), and a fleece for warmth. Have a spare top for additional warmth as well. A hat and gloves are also essential.

A small rucksack, a water bottle and sun cream.

A swimsuit and camping towel – if you would like to swim at Dhanakosa or when the opportunity arises out on a walk.

If you are planning to go for your own walks make sure you also have a map (Explorer 365 the Trossachs is best) and compass.

## What can you expect from the programme?

The retreat day begins at 6.30am with a rising bell, and then a double period of meditation at 7.00 with some light movement to start to bring us into our bodies. Meditation sessions will have brief instruction and normally last for between 30 and 40 minutes.

On walking days, we will meet after breakfast to organise the day's walks, returning to the centre in the afternoon for another meditation and/or movement session before the evening meal. In the evening there will be a mix of talk's, group discussions and an exploration of Buddhist practice, including ritual.

On non-walking days there will be practice mornings with meditation and movement teaching and periods of reflection – often taking place outside. There will normally be an opportunity to discuss your meditation practice with a member of the retreat team one-to-one, as well as smaller group sessions to share our personal experience.

There will normally be periods of silence throughout the retreat with two to three days of silence at the heart of the retreat.
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## About the retreat team

The team are good friends who share a great love of wild places. For each of us, connection with nature and embodied movement practice are central parts of our lives as Buddhist practitioners. We are very happy to be co-creating this women's retreat together and sharing it with you all.

**Moksadhi** (she/they) first encountered Buddhism in Nepal in 2012 and has been following the Buddhist path ever since. Her passions lie in exploring external and internal aspects of wilderness. Her practice follows an embodied approach to finding qualities of spaciousness, wildness and freedom in both meditation and movement. Moksadhi was ordained into the Triratna Buddhist Order in 2019. She is currently training to become a yoga teacher with Bodhiyoga and regularly leads retreats at Dhanakosa.

**Subhanaya** (she/her) works at Dhanakosa and was ordained in 2021. Time in nature, in the water and wild places, is an important part of her spiritual and embodiment practice. Dance and movement has been a vital part of her life and practice for over 10 years and in 2024 she qualified to teach Open Floor Movement Practice, find out more on her website [here](#).

**Candradhi** (she/they) draws on Buddhist meditation, somatic movement and ecological awareness as ways of deepening and enlivening relationship to self, other and world through an embodied and heart-led practice. In 2018 they trained as a yoga teacher with Bodhiyoga, and were ordained in the Triratna Buddhist Order in 2022. They currently run a small-scale permaculture nursery and market garden, as well as regularly supporting retreats at Dhanakosa.