



A Heart as Wide as the World

About the retreat

Our human heart holds both our suffering and our joy. And our hearts are also universal, boundless and full of love.

On this retreat we will be invited to open to our hearts qualities and learn to sit with self-blessing, strengthening our capacity to open and meet ourselves and the world. We will focus on embodied meditations that will lead us into the hidden depths and treasures that lie in our hearts; and explore the heart-opening potential of living for a week in spiritual community with like-minded people. The approach to teaching will be practical and direct, with meditation, poetry, simple ritual, movement and time in nature. We will have plenty of time to reflect and just to be, free from all the pressures and demands of our ordinary lives.

This retreat is suitable for complete beginners as well as being an ideal refresher for those who already have some experience.

What can you expect from the programme?

The retreat day usually starts at 7am with a rising bell and gentle movement and meditation before breakfast. Meditation sessions are guided and will normally last for around 20-30 minutes. After breakfast there will be a relaxed morning programme including short talks; reflection exercises; and opportunity for discussion.

Afternoons will normally be free time with a second meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting.

There will be periods of silence throughout the retreat to support reflection. These will normally be overnight and will be extended to include a full day in the heart of the retreat.

About the retreat team

This retreat will be led by members of the Dhanakosa teaching team. For details see our web site.