



# Embodied Courage: LGBTQ+ Meditation

## About the Retreat

A precious opportunity to practice meditation, build community and cultivate joy with other LGBTQ+ folks.

How do we face our life fully? Where do we find the courage to turn towards ourselves and others, the fullness of our lives, the negative as well as the positive? When we deeply inhabit the space of our body, both somatic and energetic, it gives us a resource from which to walk through life more easefully, freely and joyfully.

On this retreat, we will use different methods to help us find the support to witness and engage with ourselves, and others, with love, kindness, courage, and joy. Alongside meditations focusing on breath, body and heart, we will introduce exercises focused on the energy centres that lead to an increasing awareness of our energetic/somatic body. This helps to build resources both inner, outer and higher to help us find the ground of our “being-ness”. From this ground we can courageously meet life, and see the deeper truths of reality. We also incorporate working in healing circles which is a practice of deep listening, and speaking, and allows for connection and healing, and serves as an interpersonal meditation practice.

This retreat is suitable for people with at least six months regular meditation practice and who have attended at least one full week's retreat before.

## Is there anything special I need to bring?

Loose clothing for meditation. Journal and writing implements.

## What can you expect from the programme?

The retreat day starts at 6.30am with two meditation periods. You can expect about 5 – 6 hours a day in the shrine room, in sitting practice (broken into 40 minute periods) and using interactive teachings and puja (ritual). There will also be opportunities for meditation reviews and bodywork. There will be several full days of silence in the heart of the retreat, so please make sure you have experience of silent retreat, and are comfortable being with others in silence before booking.

## About the retreat team

**Pasadini's** (they/them) main focus in practice is working with shadow energies, and encourages curiosity to meet all that arises in experience through deeper connection with our energetic being. They currently live in Glasgow, and are studying to become a psychotherapist. They have been a student of meditation since 2000 and lead retreats regularly in the beauty of Dhanakosa.