



# Women's Winter Retreat

## About the Retreat

This retreat is held over an especially reflective time of year. The theme will offer the opportunity to reflect on the past year and also to make aspirations for the coming year in a supportive environment. There will be talks given during the retreat and these will focus on aspects of our Dharma life which we may wish to reflect on at this time of year. There will be opportunity to discuss the points raised with others. There will also be time for personal reflection, supported of course by the beauty of our natural surroundings. The retreat will include meditation, talks, devotional practice and puja and on Hogmanay there will be a celebration with poems, singing and story-telling, followed by a 7 Fold Puja.

This retreat is suitable for Mitras who have been on at least one week-long retreat with the Triratna Buddhist Community and are familiar with the Mindfulness of Breathing, the Metta Bhavana and 7 Fold Puja.

## Is there anything special I need to bring?

You may wish to bring notebook and pen.

If you would like to offer a poem, a song or a story for the Hogmanay celebration please feel free to do that.

## What can you expect from the programme?

Generally the retreat day will start at 6.30am with meditation at 7am and 8am. During the day there will be talks or Shrine-room activities. Devotional practice and puja will also be included in the programme each day. Usually on New Year's day the programme starts slightly later to allow for a later finish to events on New Year's Eve.

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

The retreat will be led by **Parami** who has been leading this retreat for many years. Her team will include Order Members who have extensive retreat experience. See the website for more details: <https://www.dhanakosa.com/retreats>