

# Yoga, Embodied Movement and Meditation

## About the retreat

These retreats combine introductory meditation teaching with a blend of traditional yoga and contemporary approaches to embodied movement. This playful synthesis of body based approaches to wellbeing (through meditation and movement) in the peaceful and beautiful environment of the retreat can help restore physical and mental vitality and balance in our lives.

We will cover an introduction to two traditional Buddhist meditations as well as give a solid introduction to the principles of meditation. We will also be exploring some traditional Buddhist teachings to get a flavour of how these might be relevant to our modern lives.

No previous experience of meditation, yoga or embodied movement is assumed so these retreats are suitable for complete beginners, but they are also a good refresher for those who already have some experience.

## Is there anything special I need to bring?

We have yoga equipment and meditation cushions etc, but you will need to bring loose clothing suitable for yoga and movement sessions.

## What can you expect from the programme?

The retreat day starts at 7am with a rising bell followed by meditation at 7.30. Meditation sessions will begin with some instruction and will normally last for between 20 and 30 minutes. There will normally be a yoga and movement practice session before lunch and a second optional session in the afternoon, 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 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 normally have three experienced teachers and an organiser. If you would like to know more about individual teachers, their specialisms and approaches, please visit our web site: <https://www.dhanakosa.com/retreats>