

# Buddhism: Tools for Living Your Life

## About the retreat

Buddhism is not about beliefs, it's about the way we live our lives. On these retreats we will explore traditional Buddhist teachings and meditation practices and see how they apply directly to our lives. We will cover an introduction to two traditional Buddhist meditations; the mindfulness of breathing and the development of loving kindness (Metta Bhavana) as well as a solid introduction to the principals of meditation. The approach to teaching is practical and direct, with plenty of time to reflect, and just to be, free from all the pressures and demands of our ordinary lives.

These retreats are suitable for complete beginners as well as being an ideal refresher for those who already have some experience. You can expect there to be between 20 and 26 people on these retreats.

## What can you expect from the programme?

The retreat day starts at 7am with a rising bell, and a meditation at 7.30am. Meditation sessions will begin with some instruction and will normally last for between 20 and 30 minutes. After breakfast there will be a relaxed morning programme including short talks, reflection exercises more meditation 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 on the retreat to support reflection. These will normally be overnight, but may be extended to include a full day.

## About the retreat team

These retreats are normally led by members of our teaching team.