



# Elemental Body: movement, nature and meditation

## About the retreat

In this introductory retreat we will take an embodied approach to exploring our experience as elemental beings, alive in a living world. We will use dance and movement, alongside nature awareness practice and meditation to awaken our senses to the different elements of the surrounding landscape, cultivating a deeper sense of connection to ourselves and our world.

In the dance we will explore the elements through our movement, listening to the pace and ability of our own individual bodies. No previous experience of dance is needed, only a willingness to explore your body in movement within a supportive group.

This retreat is suitable for complete beginners to meditation, as well as those with some experience. We will introduce the mindfulness of breathing and the metta bhavana (loving-kindness) meditations, and also Buddhist chanting and ritual, with a focus on connection with nature.

## Is there anything special I need to bring?

Loose, comfortable layers for movement practice.

Walking boots or shoes, waterproof jacket and trousers, **a mat or camp chair** for sitting outside on. Suncream and a sunhat. The summer is midge season, so a midge net and midge repellent may be needed – also available to buy on-site.

## What can you expect from the programme?

The retreat day starts at 7am with a rising bell, then at 7.30am light movement followed by meditation practice. Mid-morning there will be a mixture of talks and outdoor meditation/nature practice. Late afternoon will be a dance and movement session. Evening time will be either discussion groups, ritual or talks.

There will be periods of silence throughout the retreat with up to one full day of silence in the heart of the retreat.

## **About the retreat team**

**Subhanaya** – Lives and works at Dhanakosa and was ordained in 2021. She works in the garden, helping to tend this wild and beautiful place. Time in nature, particularly swimming in the loch, are an important part of her spiritual and embodiment practice. Dance and movement has been a major part of her life and practice for 8 years, both 5Rhythms© and Open Floor. She is currently in training to teach Open Floor, which is a resource based movement practice – [www.openfloor.org](http://www.openfloor.org)

**Amoghavira** – Has been teaching at Dhanakosa for over 20 years. Spending regular time in nature is part of his spiritual practice as a Buddhist. He is also a keen photographer and is currently engaged in a project of walking out on his local hills Ben Ledi and Ben Vane and photographing them.