

# Embodied Courage – Women’s Meditation



## About the retreat

What does it mean to face your life fully? Where do you find the courage to turn towards yourself, your life, your mistakes, your fullness and also towards others? What if you could drop your agenda and accept the natural flow of your life?

When you deeply inhabit the space of your body you can begin to walk through your life more easefully, freely and more joyfully. And you give yourself the chance to live your life more authentically, more honestly, and with true sincerity of heart.

Practising together, in meditation and simple circle work together, we find the support to witness and engage with ourselves with love and kindness.

The main purpose of this retreat is to co-create a space where women can go deeper in the practice of meditation (personal and inter-relational) through the practices of witnessing each other, embodied presence work, and facilitated meditation periods.

The retreat leaders have abundant experience in holding and co-creating space in order to facilitate going deeper, no matter what your experience. We wish to invite you all, you dharma heroines, to join a sangha of women practicing together--a most precious opportunity!

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

## Is there anything special I need to bring?

Loose clothing for meditation.

## 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, mostly in sitting practice (broken into 40 minute periods) but also including some interactive teachings and evening puja. There will also be opportunities for meditation reviews and bodywork.

There will be five full days of silence in the heart of the retreat, starting on Saturday evening.

## About the retreat team

Pasadini enjoys encouraging others to discover their confidence and to trust in their intuition in meditation and Buddhist practice. She currently lives in Glasgow, where she is a women’s mitra convenor. She has been practicing meditation since 2000 and leads retreats regularly at Dhanakosa.

Viryadevi learned to meditate in the early 80s and over the last few years has both dismantled and then rediscovered her meditation practise. She lives in Glasgow with her partner and works as a counsellor.