

# The Body's Deeper Knowing: Focusing and Meditation retreat

## About the retreat

When we turn toward our experience, with compassionate curiosity, we have access to a deeper, more bodily knowing that can bring healing, freedom from limiting patterns, and a way of being with even the most difficult situations in our lives. Focusing is just this. It is a profound and simple practice of listening within and to others and to life as it is. Combining this with meditation and ritual we will explore the body, not just as a foundation for practice but as a source of inspiration and on-going teaching.

Formally the practice can be done alone but is more usually done with a partner. On the retreat you will be taught how to practise Focusing and how to be a "listener" - a partner in focusing. Over the week we will work alone, together in pairs and in groups to practice and explore Focusing and how it complements the path to awakening.

**Focusing is gentle yet strong practice of listening to what we feel inside, and it can touch on powerful feelings and emotions within. Because of this please inform the team of any history of mental health issues or trauma. The team, although trained in teaching focusing and meditation cannot provide a more specialised therapeutic care. If you have any concerns about the retreat please get in touch with Dhanakosa.**

## Is there anything special I need to bring?

Please bring a notebook.

## What can you expect from the programme?

The retreat day starts at 7am with a rising bell, and a meditation at 7.30. On the first 2 - 3 days we will be spending most of our time learning the basics of Focusing. From there on we will enter a more meditative phase, with Focusing in pairs and up to 3 periods of meditation a day. As well as Focusing and meditation we will be using simple ritual to deepen our appreciation of the body and its wisdom. There will also be time for walks and exploring the beautiful surroundings.

There will be periods of silence on the retreat to support reflection. These will initially be overnight, building up to longer periods.

## About the retreat team

**Jutika** is a focusing teacher and practitioner and has been co-leading retreats at Dhanakosa since 2008. She loves the landscape and the open friendly atmosphere of Dhanakosa.

**Srisambhava** lives in the hills of North Wales, is an experienced meditator and qualified Focusing Practitioner, with many years experience of co-leading retreats.