



# Going Deeper – Awake in the Wild

## About the retreat

Going Deeper retreats are an ideal first regulars retreat. They are suitable for anyone who has already done an introductory retreat or, who has been regularly attending their local Triratna centre and wants to take things deeper. In Going Deeper – Awake in the Wild we will take our meditation practice into the great outdoors. Awakening our senses to the different elements of the surrounding landscape we will cultivate a deeper sense of connection with nature. To help ground our experience we will have a daily practice of Qi Gong. The retreat will also include an introduction to Buddhist ritual and the seven fold puja, with an emphasis on connecting with nature.

## Is there anything special I need to bring?

Walking boots or shoes, waterproof jacket and trousers, warm clothes including hat and gloves, a small rucksack, a water bottle and sun cream, a mat or camp chair for sitting outside on.

## What can you expect from the programme?

The retreat day starts at 6.30am with a rising bell, chi kung followed by meditation practice. Mid morning there will a mixture of talks and outdoor meditation/nature practice. Late afternoon meditation and Qi Gong. Evening time will be either discussion groups, ritual or talks. On one of the silent days we may have a less structured day with an opportunity to spend the day following our own programme of practice.

There will be periods of silence throughout the retreat with two to three days of silence in the heart of the retreat.

## About the retreat team

**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 camping out on the hills over 3000 feet in the Loch Lomond and Trossachs National Park and photographing them!

**Diana Barnard** – has been following the path of Buddhism for 25 years. She has co-led Shiatsu and Qi Gong retreats at Dhanakosa for at least 15 years and is deeply connected to the beauty and majesty of the place which supports and informs her work.

**Sraddhadharani** – first began practising Buddhism in Manchester in the late '90's. A desire to explore her practise more deeply away from the distractions and demands of busy urban life lead to her moving to the Scottish Borders, where she has lived for the last 16 years with her partner and various dogs and cats. Her interest in and commitment to Buddhism continued to develop and thrive, helped by the beauty and peace of the surrounding landscape . She enjoys using ritual and ceremony as a way of bringing people together around shared values and experiences.