



## Going Deeper – with Hillwalking Walking, Mountains and Meditation

### 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 attending their local Triratna centre and wants to take things deeper. Going Deeper – with Hillwalking takes the established successful Hillwalking retreat format and by intensifying the practice enables us to connect more deeply with our experience both in the shrine room and, in nature. We will continue exploring the Mindfulness of Breathing and Metta Bhavana but also introduce a stronger Just Sitting element to the practice, and more reflection, both on and off the cushion. These retreats will also include an introduction to Buddhist ritual and the seven fold puja. Longer periods and silence and silent walks will all support a deep and rich experience both of ourselves and the world around us.

The retreat will include three days of guided walks. There will be walk options available to suit all levels of fitness. All walks are in the local area but some require a short drive to get to the starting point. You can of course also go on your own walks and our walk leaders will be able to advise you. Please note, appropriate clothing is essential for many of the guided walks – see “Is there anything special I need to bring?”

### Is there anything special I need to bring?

Yes!

A pair of well fitting walking boots with good grip and ankle support are essential for most of the medium and difficult graded walks as many of these walks include sections of uneven ground. Our guides will not take you on a walk if they consider your footwear unsuitable.

Waterproof jacket and trousers.

Suitable clothing: Light weight trousers (not jeans), underlayer that will “wick” moisture away from the skin (preferable not cotton), and a fleece for warmth. Have a spare top for additional warmth as well. A hat and gloves are also essential.

A small rucksack, a water bottle and sun cream.

If you are planning to go for your own walks make sure you also have a map (Explorer 365 - the Trossachs is best) and compass.

### **What can you expect from the programme?**

The retreat day starts at 6.30am with a rising bell, and then a double period of meditation at 7.00. Meditation sessions will have only sparse instruction and will normally last for between 30 and 40 minutes. On walking days we will meet after breakfast to organise the day's walks, returning to the centre in the afternoon for another meditation before the evening meal. In the evening there will be a mix of talk's group discussions and an exploration of Buddhist ritual. On non walking days there will be practice mornings with meditation teaching and periods of reflection – often taking advantage of the surrounding natural environment. There will normally be an opportunity to discuss you meditation practice with members of the retreat team on to one.

There will normally be periods of silence throughout the retreat with two to three days of silence in the heart of the retreat.
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### **About the retreat team**

These retreats will be lead by our retreat leading team. Each retreat will have a main meditation teacher and two or three walk leaders who will also be practicing Buddhists familiar both with the local area and retreats. We will also have a retreat organiser and cook.