

Yoga and Meditation

About the retreat

These retreats combine introductory meditation teaching with yoga. We will cover an introduction to two traditional Buddhist meditations; the mindfulness of breathing and the development of loving kindness (Metta Bhavana) as well as a solid introduction to the principals of meditation. We will also be exploring some of the broader aspects of traditional Buddhism to get a flavour of how these might be relevant to our modern lives.

Both meditation and yoga teaching will be from first principles. The supportive atmosphere of the retreat allows us to develop and deepen both practices, and understand how the two augment each other.

These retreats are suitable for complete beginners to meditation and Yoga as well as those who already have some experience. You can expect there to be between 20 and 26 retreatants on these retreats.

Is there anything special I need to bring?

We have yoga equipment and meditation cushions etc, but you will need to bring loose clothing suitable for yoga.

What can you expect from the programme?

The retreat day starts at 7am with a rising bell, and a meditation at 7.30. Meditation sessions will begin with some instruction and will normally last for between 20 and 30 minutes. There will normally be a yoga practice session before lunch and a second optional yoga session in the afternoon with a second meditation before the evening meal. In the evening there will be a mix of talks, group discussions and an exploration of Buddhist chanting.

There will be periods of silence on the retreat to support reflection. These will normally be overnight, but may also include substantial periods during the day.

About the retreat team

These retreats are normally led by members of our teaching team and each retreat will have a main meditation teacher as well as two Yoga teachers. If you would like to know more about the yoga teacher's styles please refer to our web site.