

The Mindful Heart – Women’s Meditation

About the retreat

Become more intimate with your heart/mind. We follow the direct advice of the Buddha on how to draw closer to our experience. This took him to the liberation of insight and he assures us that if we practise with sincerity and an open heart, we can find that freedom too.

Practising 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, engaging with the instructions from the Satipatthana Sutta.

The retreat leaders have abundant experience in holding and co-creating space in order to facilitate this process of 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.