



Mula Yoga Order Retreat

May 25 – June 4 2021

About the retreat

This retreat is based on conversations that Parami held with Sangharakshita over a few months in 2015 and 2016. We will be doing the practices as revised in those conversations. Sangharakshita suggested that any retreats on these practices would not be purely meditation retreats but be held within a context of appropriate study and devotion.

Is there anything special I need to bring?

You may wish to bring notebook and pen.

What can you expect from the programme?

Generally the retreat day will start at 6.30am with meditation at 7am and 8am. During the day there will be talks or Shrine-room activities.

About the retreat team

The retreat will be led by Parami who has been leading this retreat for many years. Her team will include Order Members who have extensive retreat experience.