

# Going Deeper – with Yoga and Meditation

## About the retreat

This online version of our popular yoga and meditation retreat will combine meditation teaching with yoga. Going Deeper retreats 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 Yoga and Meditation will emphasise a body based approach to meditation supported by the mindful body work of Yoga to help us develop a fuller physical and emotional awareness. We will continue exploring the Mindfulness of Breathing and Metta Bhavana but also introduce a stronger Just Sitting and reflection element to the practice.

*Yoga teaching is suitable for beginners and experienced practitioners.*

## Is there anything special I need to do the retreat?

You'll need a yoga mat and a comfortable supportive place to sit – meditation cushions or a supportive chair.

## What can you expect from the programme?

The online retreat will run on the [zoom meeting platform](#). This works in most web browsers, and you can also get free apps for all major mobile platforms too. You don't need to pay for an account to take part. We will send a link to the zoom meeting room a few days before the retreat.

We will open up the zoom room 10 minutes before each session starts so you have time to settle in, make sure your technology is working and say hello before each session starts. The retreat programme will run as follows:

### Friday evening

- 7 - 8:30pm arrival and short ritual

### Sat and Sunday daily schedule

- 7 – 7.50am meditation
- 8 - 8.45am meditation
- 10:30 - 12 yoga session
- 4 – 5pm meditation reviews
- 5 – 6pm meditation
- 7:30 - 8:30pm evening teaching session

## **Monday**

- 7 – 7.50am meditation
- 8 - 8.45am meditation
- 10:30 - 12 meditation session
- 4.30 – 6pm closing session

## **About the retreat team**

The retreat will be led by Pasadini and Sara Khorasani.

Pasadini has been a practicing Buddhist/meditator since Y2K. She enjoys the simplicity, intimacy and honesty that meditation is/requires of her, and feels deeply honoured to be able to introduce others to meditation, and Buddhist practice. She lived at Dhanakosa for two years, and now stays in Glasgow full time and leads retreats at Dhanakosa several times a year.

Sara has been practicing yoga for over 10 years, and completed her teacher training with Bodhiyoga in 2018. She teaches mindfulness based yoga which draws on both hatha yoga and Buddhist principles, emphasising the cultivation of a grounded and embodied approach and the development of somatic awareness both on the mat and in daily life.

She mainly teaches on retreats, enjoying the depth and subtlety of practice that can be reached with the combined practice of yoga and meditation in an intensive context. Sara is training for Ordination in the Triratna Buddhist Order, and both her personal yoga practice and her teaching style emphasizes the spiritual dimension of yoga as a means towards greater clarity, openness, compassion and freedom.