

# The Play of Now

Led by Jayachitta and Kamalashila

## About the retreat

In this retreat we are researching the meeting points of free movement improvisation with stillness and meditation.

Engaging in meditation we enter the unknown, a dance with ever new experience. Entering this dance in movement improvisation and meditation, we bridge the gap between stillness and engagement. Easy physical improvisational exercises will help us to become more present, and open to more light and joy. This will enrich our attention within and outside of meditation with the spirit of discovery.

‘The Play of Now’ (<https://www.playofnow.com/improvisation>) helps us to be present and engaged in this moment, leaving the next one to come freely without being weighed down by our plans or assumptions.

On this retreat we can apply what we notice in the physical experience straight to our meditation. Sharing our work with each other will be an integral part of the process. The atmosphere will be supportive, playful and appreciative, and so is also very suitable for people who do not think of themselves as performers.

Everyone attending will have practiced meditation; some have done so for years. There might be people who are new to movement practices and improvisation - so it should be an interesting mix! With the experience Jayachitta and Kamalashila offer, in both those fields, all participants will be able to deepen their own research of the interrelatedness of movement and stillness.

## Is there anything special I need to bring?

For the improvisation it will be good if you wear clothes you can move in easily, like for any movement or exercise.

## What can you expect from the programme?

The programme is not fully decided yet, but it is likely that we will start the day with some gentle movement before the morning meditation. Then after breakfast we have the main session of improvisation until lunchtime. The afternoon will have some free time to explore the beautiful surroundings and some meditation, including an introduction to the practices. The evening will be meditative, and generally there will be silence overnight.

## About the retreat team

**Jayachitta** has followed a Buddhist practice since 1981 and a member of the Order since 1990. She has lived and worked with other Buddhists for a lot of that time. Jayachitta has a deep love of performance and the infinity of human expression. Improvisation, movement and exploring the clown are very important to her as additional approaches to the spiritual life, as they are based in physical expression and play. She sees them as an interactive way of entering and exploring the space that one discovers in meditation. It's in that spirit of play that we can discover who we are and can be.

She has also worked in the world of dance and theatre – which is where her teachers in improvisation come from (Andrew Morrish, John Britton, Kate Hilder and others). She holds an MA in Applied Theatre, and has studied physical theatre (after Jacques Lecoq) at Kiklos Scuola in Italy.

For more information please see: <https://www.playofnow.com/improvisation>

**Kamalashila** is a lifelong member of the Triratna Community, and has taught meditation since his ordination in 1974. He is a founder of Vajraloka Meditation Centre in Wales. He also has connections with Buddhafield, a land-based Buddhist collective running retreats and festivals, and the West London Buddhist Centre.

Kamalashila has now settled in London after many years exploring Dharma practice in rural and wilderness retreats, during which (to give one example) he spent a year and a half alone in a tent in Southwest Wales. The biographical section of his website Dharma Door gives his life story, a full teaching biography, and an appreciation of his main teacher, Sangharakshita. The site also shares Kamalashila's writing, teaching material and retreats calendar.

Kamalashila is author of *Buddhist Meditation: Tranquillity, Imagination and Insight*, published by Windhorse Publications in 2012.