



# Total Immersion

## About the Retreat

This is an intensive retreat following the popular total immersion format. Two weeks of silence and meditation – a chance to take a deep dive into your experience, to savour it and explore its true nature.

Paramananda writes:

My approach to meditation is increasingly based in trying to break down the separation we feel between our 'heads' and our 'bodies', our thoughts and our feelings. I believe that as meditators we need to relax in a profound sense. Relax into our experience of being embodied and in relationship with one another and the world. I want people to have a deeper experience of 'being', being themselves and being in the world. So we will be emphasising our direct experience of sitting together in the world. My hope is that we will create together a sense of 'sangha' where we feel mutually supported by one another and at 'home' in the world.

## Is there anything special I need to bring?

Loose, comfortable clothing for meditation and bodywork.

## What can you expect from the programme?

This is a silent meditation retreat. Participants should expect to go into silence on the first full day, and come out of silence on the last full day.

The retreat day starts at 6.30am with meditation. 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 sessions to support the sitting practice.

## About the retreat team

Paramananda has been teaching meditation for over twenty years in Britain and the USA. He is the author of several books including 'Change Your Mind', a popular book on meditation.