

Utopia for Realists: Exploring a Buddhist Vision of Our Economic Future

About the retreat

Buddhism is about transforming ourselves *and our world*.

On this retreat we will explore what a Buddhist perspective might bring to the world today to help provide everyone with a sense of community, a worthwhile job, and a sense of fulfillment, whilst protecting the environment.

Using short introductory talks and group discussions we will consider how money and the search for happiness impacts upon our lives, and how an alternative approach based on Buddhist values and practices might be built.

The retreat is suitable for beginners to meditation and Buddhism as well as those with experience. Separate instruction will be available for those new to meditation.

You can expect there to be between 20 and 26 people on this retreat.

What can you expect from the programme?

The retreat day starts at 7am with a rising bell, and a meditation at 7.30am. After breakfast there will be a morning programme including short talks and opportunity for discussion. Afternoons will normally be free time with a second discussion session or meditation before the evening meal. In the evening there will be a mix of talks, group discussions, simple participatory ritual, and meditation.

There will be periods of silence on the retreat to support reflection. These will normally be overnight but will include periods during the day.

About the retreat team

This retreat will be led by Vaddhaka together with Nayaka.

Vaddhaka is the author of *The Buddha on Wall Street*, published by Windhorse, for more information click [here](#)

Nayaka lives and works at Dhanakosa.