



# The Wisdom of the Body

## About the Retreat

This retreat is appropriate for people who have an established meditation practice within the Triratna Buddhist Community and are familiar with the Seven Fold Puja.

The retreat will integrate yoga practice with meditation in a seamless way to explore the wisdom that can unfold through Buddhist practice grounded in the three gateways of the body, heart and mind.

## Is there anything special I need to bring?

Loose clothing to practice yoga in.

## What can you expect from the programme?

The retreat day will start at 6.30am with a rising bell and there will be a double period of meditation at 7.00am. There will be one 2 hour session of yoga each day either mid morning or mid-afternoon. The evening will involve talks, discussion, chanting and Puja.

The retreat will be in silence from the second full day to the last full day (except for teaching sessions). There will be an opportunity to discuss your meditation practice with the retreat team.

## About the retreat team

**Amoghavira** has been leading retreats at Dhanakosa for many years and loves integrating meditation practice not only with bodywork but the appreciation of nature.

**Suryadarshini** walked into a yoga class twelve years ago seeking balance and flexibility, but discovered yoga's greatest teaching is how to become aware of your heart. After joining the Triratna Buddhist Community in 2008, she began weaving her practice of yoga *asana* with the Buddha's teachings. She qualified with Bodhiyoga, a training developed by Sadhita and Sudaka that incorporates meditation, posture work and mindfulness skills.

The Buddha's teachings of mindfulness and *metta* (lovingkindness) explicitly inform Suryadarshini's approach; she values the clarity of his instructions in understanding the workings of her heart-mind. She infuses her yoga *asana* with these teachings, encouraging moments of stillness and ample time to rest. In these moments, she encourages reflection on the four foundations of mindfulness: the body, sensations in the body, emotions and mood, and thoughts. She invites observation of these things as they are, keeping an open, non-judgmental quality of awareness.

**Jo Bennet** has been practicing yoga all her adult life and teaching for 20 years. Initially practising in the Iyengar tradition, she has subsequently been influenced by the teachings of

Erich Schiffmann, Donna Holleman and Paul Grilley. She emphasises a slower mindful approach to help cultivate a sense of receptivity and well being and aims to integrate the practice of yoga with the teachings of the Buddha.