



Yoga Winter Immersion

About the Retreat

This retreat is suitable for people who have attended a yoga and meditation retreat previously and who have a regular and on-going yoga practice of at least once a week.

This is a smaller retreat with a maximum of 20 people which enables us to work as a whole group throughout the week.

We will explore in depth some aspects of the yoga practice looking at more subtle levels of embodiment and awareness and how to work appropriately for our particular life circumstances.

This week is very much a practice week. We have several periods of meditation each day and periods of silence with a longer 2 days of silence during the heart of the retreat. We will have some talks and input however our focus is on working experientially.

Is there anything special I need to bring?

We have yoga equipment and meditation cushions etc, but you will need to bring loose clothing suitable for yoga.

What can you expect from the programme?

Each day will start with meditation before breakfast. Mornings will be long yoga class. Afternoons will include free time and a session of yoga/bodywork and meditation. Evenings will include meditation, possibly a talk, simple ritual and chanting.

From early on in the retreat will have periods of silence and in the heart of our time together we will have 2 days of silence.

About the retreat team

For more information, take a look at the retreat leader profiles on our website:
<http://dhanakosa.com/retreats>