

# DHANAKOSA<sup>®</sup> 18

WWW.DHANAKOSA.COM

BUDDHIST RETREAT CENTRE



2018 PROGRAMME

## What is a Retreat?

A retreat is an opportunity to withdraw from the busy and stressful world that most of us inhabit, most of the time. It is also an opportunity to address some of the deeper issues in our lives, to look at ourselves afresh and gain a new perspective on what our lives are about.

The beautiful and tranquil surroundings of Dhanakosa together with Buddhist teachings, meditation, discussion, talks and periods of silence all help provide a context for this process of deepening awareness and understanding. On retreat we also have the opportunity to experience communal living at its best; sharing time, ideas and inspiration with like-minded people.



## Bookings and Donations

Dhanakosa runs on the basis of generosity. Your place on a retreat will be confirmed on receipt of the **Booking Fee**. Once you have paid our booking fee there is no further charge. However, we will invite you to make a donation towards the ongoing cost of running the Centre. **This is in addition to the booking fee.** Many people ask us for guidance as to the size of donation they should make so we have supplied the following suggestions. The more you are able to give, the more we are able to improve and develop our facilities. However, all donations big or small are very much appreciated. All retreats are fully inclusive of meals, accommodation and tuition.

### Booking fees (payable in advance to secure your place)

£75 (week) or £30 (weekend).

This is non-returnable and only transferable with a month's notice. Cheques should be made payable to **Dhanakosa** or you can book over the phone by credit or debit card. You can also book online.

### Suggested donations (collected during your retreat)

week: £430 waged, £275 unwaged

weekend: £180 waged, £130 unwaged

*It is important to us that this is a genuine donation.  
If you have concerns about financial contributions  
please feel free to contact our office.*

Further information and retreat availability and booking are on our website: [www.dhanakosa.com](http://www.dhanakosa.com)



# 2018 PROGRAMME

	introductory		regulars
jan	5 → 7	<b>w</b> Introductory Weekend	
	12 → 19		Going Deeper – Fire of Awakening
	19 → 26		Kindness, Rejoicing, Compassion and Serenity
	26 → Feb 2	Wild, Awake in Winter	
feb	2 → 9	Mindfulness and the Path to Freedom	
	9 → 16		The Body's Deeper Knowing
	16 → 23	Yoga & Meditation	
	23 → Mar 2	Opening to Life	
mar	2 → 9		Going Deeper – with Yoga
	9 → 16		Body Earth and Breath
	16 → 23	Dancing the Unknown	
	23 → 30	Photography & Meditation	
apr	30 → Apr 6		Dependent Arising <b>T</b>
	6 → 20		Total Immersion <b>M</b>
	20 → 27	Yoga & Meditation	
	27 → May 4	Painting in Stillness	
may	4 → 11	Hillwalking & Meditation	
	11 → 18		Going Deeper – Awake in the Wild
	18 → 25	Tai Chi & Meditation	
	25 → Jun 1	Qi Gong & Meditation	
jun	2	Open Day	
	8 → 15	Yoga & Meditation	
	15 → 22		Wolf at the Door <b>T</b>
	22 → 29		Going Deeper – Women's Meditation
jul	29 → Jul 6		Going Deeper – with Hillwalking
	6 → 13	Yoga & Meditation	
	13 → 15	<b>w</b> Introductory Weekend	
	20 → 27	Hillwalking and Meditation	
aug	27 → Aug 3		Metta: Awakening the Heart <b>M</b>
	3 → 10	Yoga & Meditation	
	10 → 17		Going Deeper – with Hillwalking
	24 → 31		Going Deeper – with Yoga
sept	31 → Sep 7		Simply Being <b>M</b>
	7 → 14	Hillwalking & Meditation	
	14 → 21	Living Connection	
	21 → 28	Yoga & Meditation	
oct	28 → Oct 5	Mindfulness and the Path to Freedom	
	5 → 12	Hillwalking & Meditation	
	12 → 19	Photography, Painting & Meditation	
	nov	2 → 4	<b>w</b> Introductory Weekend
16 → 23			Padmasambhava and the Heart of Awakening <b>T M</b>
23 → 30			Yoga Winter Immersion
30 → Dec 7		Opening to Life	
dec	7 → 14	Yoga & Meditation	
	21 → 28		Men's Winter Retreat <b>M</b>
	28 → Jan 4 2019		Women's Winter Retreat <b>T</b>

Weekend = **w**



Scottish Charity No. SC032776

Meditation = **M**      Triratna = **T**

**Dhanakosa**  
Balquhiddy  
Lochearnhead  
FK19 8PQ  
Scotland

01877 384 213  
info@dhanakosa.com  
www.dhanakosa.com



# introductory

These retreats are open to all. They are suitable for both beginners and those with more experience but no previous experience is assumed. All these retreats include introductory meditation teaching and periods of silence.

Jan 5 → 7  
Jul 13 → 15  
Nov 2 → 4

## Introductory Weekends

These retreats provide an excellent short introduction to both meditation and Buddhism. They will introduce you to two simple traditional meditation practices and give you grounding in the basic principles of Buddhism. They are an ideal situation in which to take a fresh look at yourself and your life.

## Jan 26 → Feb 2 Wild, Awake in Winter – Meditation, Movement & Writing

Led by Larry Butler and Vajragupta

Engaging body-speech-mind, this retreat aims to cultivate energy, boost the immune system with Qi-Gong, and stimulate the imagination to become free on and off the page. Sitting like a mountain, standing like a tree – here is an opportunity to wake-up the wild mind.

Feb 16 → 23      Aug 3 → 10  
Apr 20 → 27      Sep 21 → 28  
Jun 8 → 15        Dec 7 → 14  
Jul 6 → 13

## Yoga and Meditation

These retreats combine introductory meditation teaching with yoga. The supportive atmosphere of the retreat allows us to develop and deepen both practices, and understand how the two augment each other. Both meditation and yoga teaching will be suitable for complete beginners.

See also "Going Deeper – with Yoga" and, "Yoga Winter Immersion" in the regulars programme.



## Feb 2 → 9 Sep 28 → Oct 5 Mindfulness and the Path to Freedom

Far from just a means of relaxation, the Buddha's teaching of mindfulness can bring new levels of meaning, direction and joy to our lives. We will be exploring some of the most relevant teachings for modern life, and how we can directly put them into practice as well as doing some gentle Qi Gong movements to help us inhabit our bodies more fully.

## Feb 23 → Mar 2 Nov 30 → Dec 7 Opening to Life – Buddhist Tools

Buddhism is not about beliefs, it's about the way we live our lives. On these retreats we will explore traditional Buddhist teachings and meditation practices and see how they apply directly to our lives. These retreats are an ideal reflective situation in which to take a fresh look at ourselves.

## Mar 16 → 23 Dancing the Unknown – moving the body, heart and mind

Led by Jayachitta  
Movement exercises will be used on this retreat to support, explore and deepen meditation practice. By moving our physical body we can be more present to the ever moving mind allowing thoughts and feelings to come and go without holding on. The atmosphere will be playful and appreciative and is suitable for anyone who wants to explore physical and vocal expression in a supportive environment.

## Mar 23 → 30 Photography retreats Photography and Meditation

A retreat exploring photography which will ground you in the technical skills required to improve your photography within the wider context of learning meditation. No experience of photography is necessary.

## Oct 12 → 19 Photography retreats Photography, Painting & Meditation: The Art of Being and Seeing

On this retreat we will bring awareness to our experience through photography and painting. Combining this with meditation in a supportive environment we will learn the 'Art of Being and Seeing'. There will be less technical teaching than on the April photography retreat and no previous experience of photography or painting is necessary.





**Apr 27→May 4**

### **Painting in Stillness – painting and meditation**

This retreat will focus on the art of drawing and painting natural objects informed by the stillness of meditation practice and appreciation of the beauty of the natural world around Dhanakosa.

**May 4→11**

**July 20→27**

**Sep 7→14**

**Oct 5→12**

### **Hillwalking and Meditation**

Nature is for many of us an important source of spiritual nourishment in an increasingly busy world. On these retreats we will combine traditional Buddhist teachings with the simple practice of spending time walking in the rich and beautiful landscapes that surround Dhanakosa. Guided walk options will be available to suit all levels of fitness.

See also "Going Deeper – with Hillwalking" in the regulars programme.

**May 18→25**

### **Tai Chi and Meditation – Stillness in Motion**

Led by Dharmamudra and Nagamudra  
Tai Chi is very beneficial for promoting relaxation, inner and outer balance and stimulating the body's healing energies. This retreat will include Tai Chi instruction, Buddhist meditation, some ritual and silence - as well as free time to explore the beautiful surroundings.

**May 25→Jun 1**

### **Qi Gong and Meditation**

Qi Gong helps to generate energy and vitality, promoting self healing and inner harmony allowing us to become more aware. Meditation and Qi Gong complement each other beautifully. By combining the two practices, this retreat offers us the chance to deepen our connection with ourselves and others in the natural beauty and healing environment that is Dhanakosa.

**Sep 14→21**

### **Living Connection**

Led by Vajrasara

Keen to communicate clearly and skilfully? Fully heard and listening afresh? Learn to decode dynamics; be free of blame; confident with conflict; honest without offending. When we're present, alive to deeper values, compassion flows naturally. Includes meditation and communication input, Buddhist ritual, poetry, some silence.



## regulars

These retreats are suitable for people who have been on retreat before and who have a regular meditation practice. They are more intensive than introductory retreats.

**M** These are meditation retreats and will be conducted mostly in silence. They will normally have between 5 and 7 hours a day of sitting meditation.

**T** These retreats are especially for people who are already practicing within the context of the Triratna Buddhist Community. Previous experience of the Mindfulness of Breathing and Metta Bhavana meditations and of the 7-fold Puja will be assumed.

### Going Deeper retreats

Led by members of the Dhanakosa team

These retreats are an ideal first regulars retreat. They take successful themes from our introductory programme and gently introduce more silence, meditation and a stronger Buddhist context through teachings and ritual (including 7-fold Puja). They are open to anyone who has done an introductory retreat and has been attending a local Triratna Buddhist centre and is looking to take their practice deeper.

See the web site for more information on individual retreats.

**Jan 12 → 19**

**Going Deeper – Fire of Awakening: Exploring Buddhist teachings on waking up to reality**

**Mar 2 → 9**

**Aug 24 → 31**

**Going Deeper – with Yoga**

**May 11 → 18**

**Going Deeper – Awake in the Wild: Connecting with nature as a spiritual practice**

Cultivating a deeper appreciation of the beautiful natural world around Dhanakosa through focusing on our often unexplored world of sense experience with outdoor meditative exercises, Buddhist and nature rituals along with grounding in body awareness through daily Qi Gong practice.

**Jun 22 → 29**

**Going Deeper – Women's Meditation Retreat: The Mindful Heart**

**Jun 29 → Jul 6**

**Aug 10 → 17**

**Going Deeper – with Hillwalking**



**Jan 19 → 26**

**Kindness, Rejoicing, Compassion and Serenity**

Led by Smritiratna

The four love meditations from the Buddhist tradition cultivate metta (lovingkindness), mudita (sympathetic joy), karuna (compassion) and upekkha (a wise and loving serenity). This retreat begins with simple mindfulness and appreciation then goes on to explore these four meditations. Each one taps into our intrinsic humanity then responds courageously to whatever life presents.

**Feb 9 → 16**

**The Body's Deeper Knowing: Focusing and Meditation**

Led by Srisambhava, Jutika and Jamie Ward  
When we turn toward our experience, with compassionate curiosity, we have access to a deeper, more bodily knowing that can bring healing and freedom. Combining focusing with meditation and ritual we will explore the body, not just as a foundation for practice but as a source of inspiration and on-going teaching. Suitable for newcomers to focusing.



**Mar 9 → 16**

**Body Earth and Breath**

Led by Padmadarshini and Inalu

Creating a space for expression, movement, spontaneity and playfulness. Engaging our capacity for sensing, for listening deeply to the body's wisdom. Finding our own dance and developing an embodied consciousness. We will use meditation, authentic movement, guided and improvised movement sessions and hands on bodywork. No previous experience of bodywork is required.

**Mar 30 → Apr 6**

**Dependent Arising – Study and Practice**

Led by Dhivan

The Buddha's teaching of conditionality or dependent arising offers a way to think about the causes and conditions for suffering in our experience, and about the causes and conditions for the path to liberation. This retreat will combine study of the Buddha's teachings on conditionality with discussion and meditation to make it all real.

**Apr 6 → 20** (two weeks)

**Total Immersion**

Led by Paramananda

A two week intensive retreat following the popular total immersion format – take a deep dive into your experience, savour it and explore its true nature. There will also be an opportunity to join a bodywork practice group as part of this retreat. Paramananda has been teaching meditation for over twenty years in Britain and the USA. He is the author of "Change Your Mind", a best-selling book on meditation.



Jun 15→22

T

### Wolf at the Door Writing Retreat

Led by Dharmavadana, Satyagita and friends

When we lead the Dharma life and move towards a more fully human one, the imagination is an essential part of that journey. Wolf at the Door offers you the chance to adventure in the imagination through the practice of writing, meditation and ritual. No prior experience of writing is needed.

Jul 27→Aug 3

M

### Metta: Awakening the Heart

Led by Bodhipaksa

Metta is both simple and profound. At one level, it's the very ordinary quality of kindness, and even though we need to cultivate it, it's something we are very familiar with. But when we go deeply into metta we find that it's an attitude that loosens our sense of separateness and leads us all the way to Awakening.

Aug 31→Sep 7

M

### Simply Being

Led by Tejananda

'Simply being' points to a quality of awakens and receptivity that we can recognise at any moment, both in and outside of formal meditation. It's an openness to full presence in our being - in our body, senses and awareness. It suggests *opening to what we really are*, beyond conceptual fabrication, inseparable from nature itself, which is undivided and ungraspable.

Nov 16→23

T M

### Padmasambhava and the Heart of Awakening

Led by Srisambhava and Vimalacitta

The retreat will draw on the inspiration of Padmasambhava, Tantric Guru, who was invited to Tibet to transform the deeper, more unruly forces of the mind. Through meditation, silence and ritual we will explore the 'Heart of Awakening' practice which he taught.



Nov 23→30

### Yoga Winter Immersion

Led by Christine Howitt and Padmarashini

Exploring our embodied awareness through yoga and meditation we will experience how these practices help us to re-inhabit our bodies, to listen to our bodies' wisdom and to meet ourselves as we are with kindness and sensitivity. We will have periods of collective silence during the week to support going deeper. The retreat is open to those with a regular yoga practice who have previously attended a week long yoga and meditation retreat.

Dec 21→28

M

### Men's Winter Retreat

Led by Smritiratna

We begin this retreat at the time of the Winter Solstice. Folk have been marking this special time since the deep past. For us, the coming of the light signifies faith in awareness prevailing over ignorance, humanity prevailing over inhumanity. This retreat is an opportunity to gather and re-affirm that faith through ritual, shared communication and restorative meditations.

Dec 28→Jan 4 2019

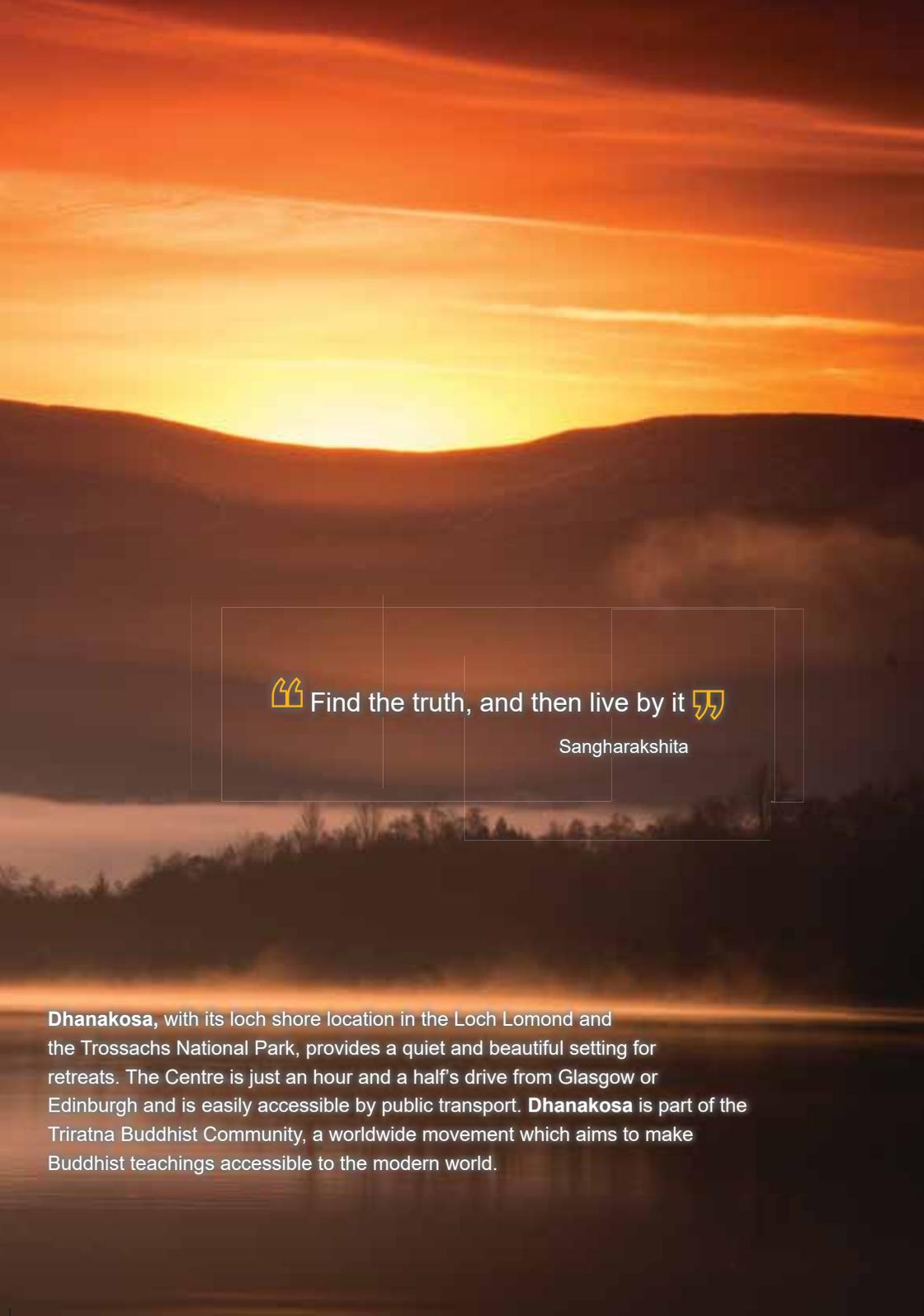
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### Women's Winter Retreat

Led by Parami

This popular retreat is held over a particularly reflective time of year. It offers an opportunity to look back over the previous year and to anticipate the next - with meditation, discussion, Dharma study and a big ritual on New Year's Eve. This retreat is for Mitras in the Triratna Buddhist Community who wish to deepen their Buddhist practice and who have been on at least one week-long retreat.





“ Find the truth, and then live by it ”

Sangharakshita

**Dhanakosa**, with its loch shore location in the Loch Lomond and the Trossachs National Park, provides a quiet and beautiful setting for retreats. The Centre is just an hour and a half's drive from Glasgow or Edinburgh and is easily accessible by public transport. **Dhanakosa** is part of the Triratna Buddhist Community, a worldwide movement which aims to make Buddhist teachings accessible to the modern world.