

Taraloka 2020 Programme

Bookings open on Tuesday 3rd September
Single room bookings open on Tuesday 8th October

January

Introductory Weekend: Mindfulness

17-19 January

This weekend is suitable for newcomers and is an introduction to mindfulness: as a meditation practice, as a way of being and as part of a spiritual path. Mindfulness practices can help us develop a serene, alert, freer state of mind, in which we can listen to our deeper inspiration and wisdom.

Imagining Reality: Sub30s Retreat

24-26 January

Akasajoti, Kusaladevi & Moksatara

A precious opportunity for those in their late teens and twenties to come together on retreat and explore the significance of the imagination in the spiritual life, through meditation, ritual, dharma talks, discussion, and friendship. *(For women in their late teens and 20s. For Triratna Regulars)*

February

Heart Sutra

7-14 February

Hridayagita & Maitrisiddhi

Open up to the mystery at the heart of reality! The Heart Sutra is a series of thunderclaps communicating the real nature of things, but not to the thinking mind. We recite it "by heart". Can we really take it to heart? How might our lives be different, if we were able to live from the freedom and openness described by this Perfection of Wisdom text?
(For Mitras)

Introductory Weekend: Loving Kindness

14-16 February

This weekend is suitable for newcomers and is an introduction to loving kindness (*metta*) as a way of being, as a meditation practice, and as part of a spiritual path. Practising *metta* can, over time, bring ease, relaxation and delight into our lives, and transform our relationships.

One Moment at a Time

16-21 February

Maitrimala

Explore the beauty of the moment through sitting, walking and lying down meditations. Connect more fully with the body with gentle mindful movement (based on pilates and yoga). We will explore practical ways to bring a kindly awareness to our daily lives and consider how these teachings of the Buddha can transform our moment-by-moment experience.
(Open to all)

Boundless Heart, Limitless Mind

21-28 February

Bodhilila

The *Brahma Viharas* - Loving Kindness, Compassion, Sympathetic Joy, Equanimity.

Through cultivating these qualities in our meditation and our everyday lives we develop our capacity to respond to whatever we encounter in the world (and in our mind) with equanimity, rooted in compassion and insight. And we open our hearts to joy.... *(For Triratna Regulars)*

March

The Heart Unbound: Metta as a Path to Insight

8-20 March

Dayajoti & Maitridevi

This intensive meditation retreat focuses on the power of *metta* to melt suffering and confusion. Using workshops and meditation instruction, together with the support of ritual and extended periods of silence, we will see how to trust more and more the unconditional potential of our heart. *(For women who have asked for ordination and Order Members)*

Weekend Retreat for Mothers

20-22 March

Amaragita & Karunagita

An opportunity to focus on the gifts and challenges inherent in parenting as a context for spiritual practice. This retreat is led by Buddhist mothers and includes talks, workshops and discussion, all within lightness, spaciousness and invaluable time out. Karunagita is the author of '*A Path for Parents*'. *(Open to all)*

Mindfulness: Awake and Alive

22-27 March

Hridayagita

Mindfulness, as taught by the Buddha, is a direct path to freedom. With mindfulness practice we can be more fully alive - relaxed yet engaged with our lives and the world. Come and explore taking mindfulness deeply into daily life, with full meditation teaching, personal exploration, and companionable silence. *(Open to all)*

April

Entering the Mandala of Tara

3-10 April

Vimalachitta & Moksanandi

Tara - accessible but mysterious, formless and shape-shifting, tender and fierce: utter stillness and creative spontaneity. With silence, meditation, ritual, devotion and poetry - we will open ourselves to Tara and to our own depths. Come and explore the many faces, colours and qualities of Tara in the perfect spring-time setting of Taraloka. *(For Triratna Regulars)*

Silent Retreat

10-17 April

Samantabhadri

'It is the pauses which make beautiful the music of our lives.' (Sangharakshita). A wonderful opportunity for almost a week of continuous silence. Dwell in what can feel a timeless space of meditation, reflection, devotion and beauty. Let the mind and heart quietly become more open, loving and aware.

(For Triratna Regulars)

Introductory Weekend: Mindfulness

17-19 April

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The Brahma Viharas – Living in the Mandala: Meditation

22 April – 1 May

Ratnavandana & Maitrisiddhi

The *Brahma Viharas* are a path to *bodhichitta*. They transform our negative tendencies into Love, Compassion, Gladness and Equanimity. We will practise these wondrous meditations within a specially created Mandala of the Five Jinas and also come to see how, in our everyday lives, we can dwell much more in these loving states of mind.

(For Mitras)

May

Metta: A Kindly Abiding

1-4 May

Sanghagita

Love (*metta*) underpins the whole of Buddhist practice. Like a jewel it has many facets: patience, intimacy, interest and kindness. All these facets are ways in which we come into relation with ourselves and others. All are ways to live at peace in this fleeting, fragile world.

(Open to all)

Yoga and Meditation: Breath, Body, Heart

4-8 May

Holly Lucas & Maitrimati

Relax into a flow of kindness and presence. Practising both sitting meditation and gentle yoga we will connect with our breath, our body and our heart. Through these simple practices we let go, re-imagining our connection with ourselves and the world.

(Open to all)

This Precious Opportunity

8-15 May

Samantabhadri & Ratnavandana

We live with impermanence as beauty and as death, loss and insecurity. The Dharma offers the precious opportunity for transformation and to respond more wisely, lovingly and peacefully to these truths. We will open to the sadness and the joy and glimpse the mystery that holds them all.

(For Triratna Regulars)

Body and Breath; Earth and Air

15-17 May

Dhammagita & Hridayagita

Meditation and bodywork. Earth and air are such different elements, yet their manifestation as body and breath is the most natural connection there is. Focussing awareness in our physical experience of these different, interdependent aspects of our being, we can experience them in harmony together and discover new depth and delight in both of them.

(For Triratna Regulars)

Great Gathering

22-25 May

Tiratanaloka, Taraloka & Buddhafield

Join us for a celebration of sangha: an opportunity to meet in large numbers and explore a strong Dharmic theme together. We are the future of the Order! Come and connect! Talks, meditation, workshops and ritual will be held within the beauty of the Taraloka landscape. *(For women who have asked for ordination and Order Members)*

Introductory Weekend: Loving Kindness

29-31 May

This weekend is suitable for newcomers and is an introduction to loving kindness (*metta*) as a way of being, as a meditation practice, and as part of a spiritual path. Practising *metta* can, over time, bring ease, relaxation and delight into our lives, and transform our relationships.

June

Total Immersion: A Vast Earth Beneath, An Infinite Sky Above

17-26 June

Maitridevi

We are earthy embodied creatures, with a consciousness vast as the skies. Our practice must hold these two poles and the passionate heart that lies between in order for the *Bodhichitta* to arise. This intensive silent meditation retreat is for experienced meditators. *(For women who have asked for ordination and Order Members)*

Uncontrived Mindfulness: from Awareness to Wisdom

26 June – 5 July

Vajradevi

Awareness is crucial to Insight, but Right View or a Dharmic perspective even more so. The Satipatthana Sutta, the Buddha's essential teaching on Mindfulness, reveals a direct path to Wisdom. Watch your mind, cultivate clear seeing, and free your heart. A silent intensive meditation retreat with input and meditation reviews. *(For Order Members)*

July

The Elemental Body: Bodywork and Meditation

10-17 July

Dhammagita & Hridayagita

Where can we directly experience the 6 elements - the flow of matter and energy that forms us and the universe? Here - in our very own elemental body. By becoming familiar with the sensations of everything from stagnation to freedom, we can activate awareness, dissolve obstacles, and embrace our potential for liberation. *(Please read full website description before booking. For Triratna Regulars)*

Ritual and the Imagination

17-26 July

Samantabhadri & Punyamala

Explore devotion and ritual as significant spiritual practice that can touch the heart, integrate our heights and depths and deepen our Going for Refuge. Engage with the imagination as the faculty of insight, vision, beauty and direct experience. Presentations, rituals, contemplation, meditation, the wonder of the ordinary, and silence. *(For women who have asked for ordination and Order Members)*

Enhancing our Lives with Compassion

26-31 July

Maitrimala & Taravandana

What is the Buddha's teaching on compassion? How can we have compassion for ourselves in our daily lives? How can we nourish ourselves while caring for others and responding to the world's suffering? Explore these questions through meditation, talks, discussions and workshops in the light of the science of compassion and current neuroscience. *(Open to all)*

Yoga for the Mind, Meditation for the Body

2 - 7 August

Maitripushpa & Suddhacandika

Connect your yoga practice to your meditation practice. With both dynamic and yin/restorative yoga, pranayama and yoga nidra as well as some chanting and some general messing about. A chance to explore inside and out. For beginners and experienced yogis and meditators. *(Open to all)*

August

Resonating with Reality

21-28 August

Maitrisiddhi

Love, generosity, simplicity, integrity, awareness. When we are in tune with the vastness and mystery of things as they are, these ethical qualities naturally arise. Come and adventure into the delights and depths of Buddhist ethical practice, opening to freedom and the deep happiness of being true to our natural sensitivity and resonance with the world. *(For Mitras)*

Silent Weekend

28-31 August

Samantabhadri

What is a really good way to spend a long bank holiday weekend? Come to Taraloka in the beauty of late summer for almost three days of silence. Go deeper as you meditate, walk, appreciate nature, share ritual, reflect ... and relax. *(For Triratna Regulars)*

September

Reimagining the Mandala

4-11 September

Sarah Gilpin and Maitridevi

Connecting with beauty, we honour the land and our creative mind. Playing with form, colour, texture, pattern.... building relationship between inner and outer landscapes.... working with wood and wilderness, paper and poetry, stone and spirit.... we will create and recreate both personal and collective mandalas. *(No artistic experience or skills necessary, just a willingness to engage, play and explore. For Triratna Regulars)*

Short, Sweet, Shibashi Tai Chi

11-13 September

Hridayagita & Srivajri

Tai Chi Shibashi is a set of 18 simple, flowing, movements to be done anytime, in any place, by anyone. It's a beautiful moving meditation tool, which we will learn and play regularly throughout the weekend. Blended with sitting and walking meditation, puja, ritual and full silence; give yourself a short, sweet Shibashi treat! *(Triratna Regulars. No previous Tai Chi experience required)*

Drumming, Singing and Tai Chi: Meeting the Beating Heart of the World

14-18 September

Hridayagita, Sanghagita & Sanghajoti

Let go into joyful exploration of heart-drumming, embodied singing and the simple flow of Tai Chi. Qualities of our connection with Earth, Water, Fire and Air will be explored through these rich meditative tools. Then, with our energies vibrating, flowing and at ease, we can experience stillness and quiet in meditation, silence and ritual. *(Triratna Regulars. No previous experience or skill in drumming, singing and/or Tai Chi needed)*

Touching the Earth

18-25 September

Maitrimati & Saddhanandi

Touching the earth we can, like the Buddha, call up faith and confidence – in ourselves, in the path, in the possibility of Awakening. Through meditation, ritual and reflection, we will use the Buddha's example to illuminate the way, dispel doubt, and help open to our heart's longing for freedom. *(For Mitras)*

Introductory Weekend: Mindfulness

25-27 September

This weekend is suitable for newcomers and is an introduction to mindfulness: as a meditation practice, as a way of being and as part of a spiritual path. Mindfulness practices can help us develop a serene, alert, freer state of mind, in which we can listen to our deeper inspiration and wisdom.

October

Awakening Loving Kindness: Metta

2-9 October

Maitrimala & Viryajyoti

Metta, loving kindness towards ourselves and others, lies at the heart of Buddhist practice. We'll explore how the *metta bhavana* meditation practice can transform our emotional lives into ones more consistently based on love, friendship, interconnectedness and gratitude. Body scans, talks, workshops, discussions, space for reflection and periods of silence will deepen our experience of *metta*. (*Open to all*)

Living Wisdom

9-16 October

Srisambhava

An exploration of deep listening – to self and world – and allowing our intuitive wisdom to be heard. With the support of meditation and the respectful body-based process of Focusing, together with ritual, shared activity and periods of silence, we will deepen into listening from a place of grounded, caring presence. (*For Triratna Regulars*)

Stories of Wisdom, Stories of Life

23-30 October

Mandarava and Team

Stories call to us and reveal the universal wisdom of human experience. On this retreat, alongside Buddhist practice, we will use ancient myths and stories to help us connect with, and explore, our own lives and history. These stories will be brought to life through storytelling and puppetry. (*For Triratna Regulars*)

Bodhicaryavatara

30 October – 6 November

Maitrisiddhi & Sahajatara

Provocative and poetic, uncompromising and deeply kind: Shantideva's "*Guide to the Bodhisattva Path*" gives us a path of vision and a path of transformation. How can we engage all of ourselves - messy, passionate, loving hating beings that we are - in the quest for awakening for the sake of all that lives? (*For Mitras*)

November

Elemental Wisdom

6-15 November

Maitridevi & Aryajaya

The elements are gateways leading us into an unbounded intimacy with all that exists. They draw us into an animate world: one where everything is alive, vivid and ungraspable. On this intensive meditation retreat we will be exploring the elements through mindfulness, *metta* and Six Element practice. (*For Order Members*)

Mindfulness - a Direct Path to Freedom

15-27 November

Prasadavati

Maintaining steady, kindly awareness of changing phenomena is the essence of *Satipatthana* practice - the Buddha's teaching on mindfulness in the service of liberation. Join us on a journey into open-hearted wisdom. Treat yourself to space, simplicity, beauty – inner and outer. With guiding input, meditation reviews and deep silence. *(For women who have asked for ordination and Order Members)*

Introductory Weekend: Loving Kindness

27-29 November

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December

Winter Retreat

23-27 December

This special time of year, when we have passed the darkest day and light is beginning to return, can be a precious time of renewal. As well as focusing on exploring awareness and loving-kindness meditations, we will take a look at how to bring compassion, mindfulness and creative change into our day-to-day lives. *(Open to all)*

New Year Retreat: Meditation, Contemplation and Devotion

27 December – 3 January

Samantabhadri

Leave the busyness of the world and come to this quiet place and peaceful landscape. Turn to stillness, silence, inspiration and the true significance of New Year. Practise sitting and walking meditation, contemplation and devotion: supported by presentations, meditation guidance, special ritual, and the wisdom of the Dharma. *(For Triratna Regulars)*