

**Bristol Rain's Retreat: I am because we are**  
**Led by Singhashri and friends**  
**Friday Oct 14<sup>th</sup> – Thursday Oct 20<sup>th</sup>**

*A non- residential retreat Open to all Order members, mitras and those who have completed an introductory course and are working to deepen their Buddhist practice.*

*You are invited to attend as much of the retreat as you can but is open for you to come and go as you need to. We recognise that some of us will have other commitments during the retreat. Please let us know what days/times you will be joining us.*

*Maureen@bristol-buddhist-centre.org*

*Please note: Timing of sessions will not change but content may be adapted depending on those attending, what is coming up amongst us and calling for attention*

*Somatic exercises, mindful movement, and chanting will be woven throughout the programme*

*Breakfast, lunch and dinner will be provided but must be pre-booked. Please sign up to help with cooking, serving, washing up and cleaning. Please use signup sheets in the Centre.*

<b>Friday</b>	<b>7.30 – 9.30pm</b>	Welcome and introductions What's brought you here? Overview of the theme and schedule Dedication ceremony and meditation
<b>Saturday</b>	<b>8.00 – 8.45</b>	Open period of Meditation
	<b>9.00</b>	Breakfast
	<b>10.30 – 12.30</b>	Arriving practices and reflections Community Agreements Who are your people?
	<b>1.00</b>	Lunch
	<b>3.00 – 3.45</b>	Bodywork
	<b>4.00 – 6.00</b>	Vision of liberation Intentions for practice Earth-touching practice and enquiry
	<b>6.15</b>	Dinner
	<b>7.30 – 9.00</b>	Ritual – setting our intentions for practice, touching the earth, Akshobya

<b>Sunday</b>	<b>8.00 – 8.45</b>	Open period of Meditation
	<b>9.00</b>	Breakfast
	<b>10.30 – 12.30</b>	Holding the tension between what's happening now and our vision of liberation. Breath as gateway to the unknown. Breath awareness practice and enquiry.
	<b>1.00</b>	Lunch
	<b>3.00 – 3.45</b>	Bodywork
	<b>4.00 – 6.00</b>	What's the raw sensation now? Six senses practice and enquiry
	<b>6.15</b>	Dinner
	<b>7.30 – 9.00</b>	Ritual – seeing with clarity and compassion, White Tara
<b>Monday</b>	<b>8.00 – 8.45</b>	Open period of Meditation
	<b>9.00</b>	Breakfast
	<b>10.30 – 12.30</b>	Embodiment as a radical act Dhyana factors – opening to pleasure and joy Led meditation and enquiry
	<b>1.00</b>	Lunch
	<b>3.00 – 3.45</b>	Bodywork
	<b>4.00 – 6.00</b>	What's here? What supports presence? Body scan practice and enquiry
	<b>6.15</b>	Dinner
	<b>7.30 – 9.00</b>	Ritual – Dhyana as gateway to metta, Amitabha
<b>Tuesday</b>	<b>8.00 – 8.45</b>	Open period of Meditation
	<b>9.00</b>	Breakfast
	<b>10.30 – 12.30</b>	Seshin – moving between sitting, walking, standing and lying down
	<b>1.00</b>	Lunch
	<b>3.00 – 3.45</b>	Bodywork
	<b>4.00 – 6.00</b>	Seshin continued
	<b>6.15</b>	Dinner
	<b>7.30 – 9.00</b>	Ritual – remembering our true nature, Vajrasattva

<b>Wednesday</b>	<b>8.00 – 8.45</b>	Open period of Meditation
	<b>9.00</b>	Breakfast
	<b>10.30 – 12.30</b>	Recognizing and liberating the klesas Working creatively with fear, grief and anger Led practice and enquiry
	<b>1.00</b>	Lunch
	<b>3.00 – 3.45</b>	Bodywork
	<b>4.00 – 6.00</b>	Open space to offer what feels needed at this point in the retreat
	<b>6.15</b>	Dinner
	<b>7.30 – 9.00</b>	Ritual – offering confessions, the alchemy of bringing awareness to the klesas, Padmasambhava
<b>Thursday</b>	<b>8.00 – 8.45</b>	Open period of Meditation
	<b>9.00</b>	Breakfast
	<b>10.30 – 12.30</b>	Exploring the co-created and interconnected nature of experience and reality How is the sense of self arising? Led practice and enquiry
	<b>1.00</b>	Lunch
	<b>3.00 – 3.45</b>	Bodywork
	<b>4.00 – 6.00</b>	Retreat review Q and A Reporting out
	<b>6.15</b>	Dinner
	<b>7.30 – 9.00</b>	Ritual – rejoicing in our efforts, dedicating the merits, Avalokiteshvara