

### ***How you got involved with LOJ***

I have been involved since Andy Wistreich, my husband, first came up with the idea of having a UK retreat centre after he had done a long retreat abroad. I was not initially in a formal role, but an enthusiastic supporter from the sidelines. I have been involved in UK centres from the early days and the beginning phase of Jamyang London was based in my flat for several years.

### ***Why you decided to join the board/team of LoJ***

I was invited to join the Board in 2019 and as Land of Joy was already in my heart I accepted as I wanted to contribute to it flourishing.

### ***What you love about LOJ***

So many things! When I travel up from Somerset and start to get closer and closer, I always feel excited to be back in the wonderful open spaces of the Northumbrian landscape. Being in the inspiring gompa of precious holy objects, walking through the ancient woods, crossing the stream, and seeing how Land of Joy is developing with the erection of the retreat huts is so heartwarming. I love the generosity model – it is good to enable the practice of dharma in this way.

### ***Would you change anything?***

Sure, mainly building repairs and improvements such as more single accommodation, better facilities for the onsite team – and the 1001 maintenance jobs on the building, walled garden and grounds that are awaiting time, money and attention.

An accessible path through the woods, with mani stones, prayer wheels.... .. and more!

### ***Where would you like to see LOJ in the future/your personal vision/ aspiration for LOJ?***

I would hope it can continue and develop in order to ensure it is truly a place of inspiration and deep joy whilst providing a wide range of retreat possibilities for all. I would hope in time, the nearby community will strengthen and increase, as the wider community of volunteers and supporters, and Land of Joy will have all the people and resources it needs to thrive.