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Land of Joy

Buddhist Retreat Community



Practice with the bodhisattva attitude every day. People can't see your mind; what people see is a manifestation of your attitude in your actions of body and speech. So pay attention to your attitude all the time. Guard it as if you are the police, or like a parent cares for a child, like a bodyguard, or as if you are the guru and your mind is your disciple - Lama Zopa Rinpoche

As our grounds burst into bloom with vibrant colours, we find ourselves in a season of abundance and deeper awareness. The flourishing gardens and longer, warmer days reflect the growth many of you have experienced in your own practice during our recent retreats.

Our community has been moved by the depth of engagement in our recent programs. The Four Noble Truths retreat created spaces of clarity where participants explored the fundamental teachings on suffering and liberation with a fresh perspective. The Dharma for the Planetary Crisis retreat united ecological awareness with spiritual practice in powerful ways. Together, we discovered how Buddhist principles offer both solace and practical guidance for engaging with our environmental challenges.

As we move towards summer, we invite you to join our upcoming retreats. Like the blossoms in our gardens, your practice can develop its full richness through continued cultivation.

We welcome you to return to Land of Joy during these beautiful longer days, to practice within a community, to share in ritual and connection, and to continue nurturing the seeds planted in earlier seasons.

Path of Peace Teaching with Khandro Tseringma Rinpoche



The Path of Peace: Through Wisdom & Compassion



Online tickets still available

📅 Thursday 29th May: 7pm - 9pm

Rangjung Neljorma
Khandro Tseringma
Rinpoche

Hosted by

Togme Sangpo | Saraswati Taunton | Centre of Compassion Liverpool
Land of Joy | Jamyang Leeds | Jamyang Salisbury | Jamyang London | Rigpa UK | FDCW

Date: Thursday, 29th May

Time: 7pm - 9pm

Location: 10 Union Street, London

This rare opportunity to receive wisdom from such a respected teacher is being co-hosted by all of the FPMT UK centres and study groups, including Land of

Joy. Khandro Rinpoche's profound insights on cultivating inner peace through the twin paths of wisdom and compassion offer practical guidance for navigating our complex world.

In-person tickets have sold out, but online tickets are still available. Book soon to secure your place for this rare opportunity.

Book to Attend Online

Help Us Plan for 2026!



Land of Joy

Buddhist Retreat Community

Land of Joy Retreat Survey Questions

Thank you for taking time to share your thoughts about Land of Joy's future programming. Your feedback will help us create meaningful retreat experiences that serve our community's spiritual needs and aspirations.

[Sign in to Google](#) to save your progress. [Learn more](#)

* Indicates required question

We create our programme of retreats to offer the opportunity for you, our community, to discover and delve deeper into secular and buddhist practice. We will soon start to think about what our 2026 programme might include and would love to hear your thoughts on what you'd like to see on there, as well as what attending retreat means to you and any concerns you might have.

We greatly appreciate you taking time to share your ideas. Your feedback will help us create meaningful retreat experiences that serve our community's spiritual needs and aspirations.

Complete the Survey

Retreat Hut Availability



Land of Joy is a wonderful environment for retreat. Our semi-rural location offers quiet, spacious and beautiful grounds which can be explored during your breaks whilst the retreat facilities provide a private space that will support your practice.

Our three private retreat huts are in a part of the woodland close to the main house overlooking the valley. We ask that you plan to stay for a minimum of one week and a maximum of three months.

We have some availability in the coming months:

- **Retreat Hut 1:** 23 June - 1 July, 2025
- **Retreat Hut 2:** 2 June - 11 June, 2025 and 24 June - 1 July, 2025
- **Retreat Hut 3:** 19 June - 29 June, 2025

Learn More, Check Availability and Book Your Stay

Upcoming Retreats

There are lots of precious opportunities to attend retreat still to come this

year. Here's what's coming up next:



Understanding Kālacakra (offered onsite)

With Andy Wistreich: Friday 6th – Saturday 14th June

This retreat combines teachings and meditation on Nāropa's commentary to the Sekoddeśa—a fundamental text of the Kālacakra tradition containing 174 stanzas from the now-lost root tantra.

The Sekoddeśa, described by scholar Giacomella Orofino as "the essential nucleus" of Kālacakra doctrines, provides rare access to this tantric system's origins. Though focused on initiations, Nāropa's commentary illuminates the entire basis, path, and result of Kālacakra practice, with references to Puṇḍarīka's revered Stainless Light commentary.

By studying this text, we connect with Nāropa's enlightened wisdom—a master central to numerous highest yoga tantra lineages including Guhyasamāja, Cakrasaṃvara, Hevajra, and Vajrayoginī.

Requirements: Open to anyone who has received the Kalachakra initiation

Learn More & Book Your Place



Lam Rim Retreat: Exploring the Buddhist Path

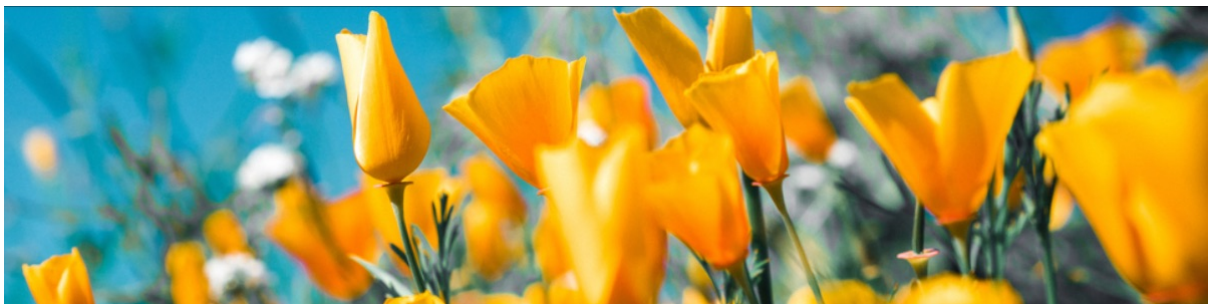
With Ven Mary Reavey: Friday 11th – Saturday 19th July

Curious about Buddhism but unsure where to start? Attended teachings but struggle to apply them in daily life?

This retreat introduces the Tibetan Buddhist "Stages of the Path" (lamrim) tradition through accessible teachings, guided meditations, and discussions. You'll discover how these ancient practices remain relevant and beneficial in modern life.

Perfect for beginners and those seeking to deepen their practice.

Learn More & Book Your Place



Building Inner Strength with The 16 Guideline (offered onsite)

With Wendy Ridley: Friday 1st – Sunday 3rd August

Overwhelmed by global, work, family or personal challenges? This weekend retreat offers practical tools for resilience and positive change.

Experience Level 1 of the 16 Guidelines for Life Program (FDCW), exploring embodied mindfulness and universal ethical values. This simple yet profound framework helps transform how we think, act, relate to others, and find meaning.

Through mindfulness practices and self-inquiry, develop tools for well-being, purpose, and inner strength amid life's difficulties.

Learn More & Book Your Place

Retreats You Might Have Missed

We added some additional retreats after our 2025 programme was first shared - in case you missed them, here they are:



Another World is Possible: Green Tara Practice as a Path of Compassion

With Ven Amy Miller: Friday 29th August - Wednesday 3rd September

As we emerge from the global Covid experience, the path may seem littered with confusion, violence, and alienation. Rather than grow dismayed by external experiences that show cruelty and heartlessness, how can we use our vulnerability to effectively channel this energy into a more supportive practice?

This beautiful practice explores a path of inner transformation by being present

with our pain, fear, and aversion. It incorporates Lam Rim meditation along with the sadhana and mantra recitation of Green Tara. By opening our hearts in kindness to ourselves, the potential exists for our external reality to shift more beneficially as well. Open to all levels.

Learn More & Book Your Place



The Stages of the Path to Enlightenment

With Geshe Rinchen: Thursday 11th – Sunday 14th September

This retreat is a collaboration between Jamyang Leeds and Land of Joy, and is led by Jamyang Leeds' resident teacher Geshe Rinchen.

Aimed at Geshe Rinchen's students, it is open to all students with a solid grounding in the Lam Rim. It will offer an immersive experience in the Lam Rim, combining meditation, contemplation, and discussion based on Lamrim teachings. It provides a unique opportunity to integrate the knowledge gained throughout the year into a cohesive practice.

Learn More & Book Your Place



Be Awake & Be Kind: A Contemplative Approach to Living

With Ven Connie Miller: Wednesday 24th – Sunday 28th September

A gentle course/retreat for beginners, or for long-time practitioners who would like to return to beginner's mind for a few days, focusing on basic contemplative approaches to living life with kindness, awareness, and joy.

Attention and mindful awareness, gratitude and motivation, equanimity and kindness will be themes that we will reflect upon, share about and deepen through practice and mindful conversation.

Previous experience with meditation, while welcome, is not obligatory.

Learn More & Book Your Place

Fire Pujas at Land of Joy



Are you considering doing a retreat which requires you to complete a fire puja, or have received advice to offer one? We are fortunate to have the facilities and knowledgeable volunteers to help you complete one at Land of Joy.

You can either do a retreat in one of our huts and stay on to complete the puja afterwards, or complete your retreat elsewhere and then travel to the centre.

It is important that you fully participate in the preparation (usually two days), as well as clearing up afterwards. We therefore recommend you add four days onto the end of your retreat if you are staying in a hut, or plan a visit of four-five days if you are only staying for the puja.

Please note: We request a donation of £108 to cover the cost of the offering substances.

Enquire About Offering a Fire Puja

Richard Gere's Heartfelt Reflection: Remembering

Lama Zopa Rinpoche

We're deeply moved to share this touching video featuring Richard Gere's personal reflections on the extraordinary life and impact of Lama Zopa Rinpoche. His boundless compassion and wisdom continue to inspire everything we do at Land of Joy.

In this moving tribute, Richard Gere shares personal stories and insights about Rinpoche's profound influence on countless lives, including his own spiritual journey.

Whether you've practiced with us for years or are new to Buddhism, this video offers a rare glimpse into the remarkable legacy of a teacher whose vision is a guiding light at Land of Joy.

Watch, share, and join us in honouring Lama Zopa Rinpoche's memory and continuing his work of bringing more joy and compassion into the world.



Nurturing Our Branches of Joy



We have updated our Branches of Joy programme, and are excited for this important initiative to bloom.

Our monthly donors help us:

- Maintain our retreat sanctuary and cover operating costs
- Offer retreats to everyone regardless of finances
- Fund improvements like new windows and guest spaces

Thanks to the generosity of the Branches of Joy, last year we were able to:

- Offer 22 group retreats serving 220 people
- Welcome Phara Khenchen Rinpoche as our first Minister of Religion
- Host 60 individuals for personal retreats (1 week to 3 months)

Your steady support allows our work to flourish!

Learn more about and join our Branches of Joy

**A big thank you, as always, for your ongoing support of Land of Joy.
Please continue to visit us and support us in any way you can.**

We hope to see you soon!



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Lama Thubten Yeshe, Founder
Founder and Spiritual Director, Lama Zopa Rinpoche

