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Land of Joy

Buddhist Retreat Community



Live with compassion. Work with compassion. Die with compassion. Meditate with compassion. Enjoy with compassion. When problems come, experience them with compassion. - *Lama Zopa Rinpoche*

This month we were blessed to celebrate Saka Dawa with those attending retreatant; as the full moon of June marked the anniversary of Buddha's birth, enlightenment, and parinirvana, our Land of Joy community came together to honour this auspicious time.

The spirit of Saka Dawa was strong: our community gathered for a Shakyamuni Buddha puja, shared in meaningful discussions about the Buddha's life and teachings, and engaged in acts of generosity and compassion that embody the essence of this sacred time.

There was something particularly beautiful about celebrating Saka Dawa here at Land of Joy, surrounded by the abundance of our summer garden and the peaceful energy that flows through our grounds. The merit accumulated during this precious month felt magnified by our collective practice and the sincere intentions we all brought to our spiritual activities together.

Path of Peace Teaching with Khandro Tseringma Rinpoche

During a recent visit to London, over 860 students (either in person or online) attended profound teachings from Khandro-la. The Path of Peace: Through Wisdom & Compassion was a wonderful event, and we are grateful to be able to share the event recordings with you all so the benefit can continue to increase.




**The Path to Peace - Teachings from London via Jamyang Buddhist Centre -
29th May, 2025**



**Wisdom is to understand the nature of things - Teachings from JBC, London -
28th May, 2025**

Help Us Plan for 2026!



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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 3:** 1st - 7th July, 2025 and 13th August - 3rd September, 2025

Learn More, Check Availability and Book Your Stay

Upcoming Retreats

There are many precious opportunities to attend retreat still to come this year. Here's what's coming up next:



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



Awakening Abundance: The Joy of Giving

With François Schick: Friday 8th - Sunday 10th August

Generosity goes far beyond the mere act of giving. It actually refers to the wish to give and the actions motivated by that wish. It also goes far beyond giving material things.

For example, protecting life is itself considered a practice of generosity, by giving protection against fear and dangers. During this weekend, you will cultivate the strength and the motivation to better integrate this training into your daily lives, including the various forms of generosity.

Taken to be the first perfection, the first to be accomplished, the easier to master, it is central in the Mahayana tradition and a source of deep joy.

Generosity is a counterforce to craving and greed. These are considered strong producers of suffering. How many times did we encounter finding resistance in giving, only to find ourselves so glad when we did it? How to make a solid and long lasting training out of that?

Learn More & Book Your Place



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

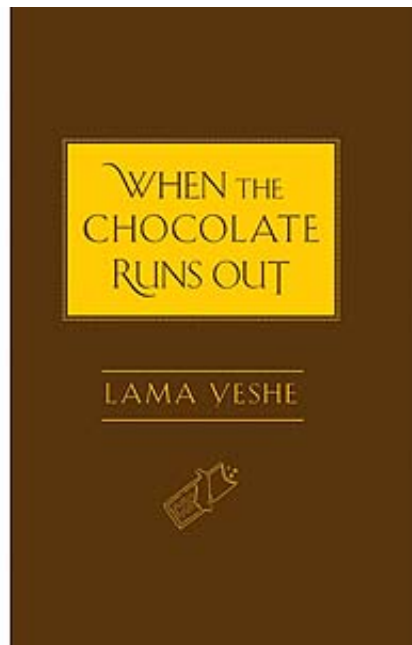
A gentle course/retreat for beginners, or for long-time practitioners who would like to return to beginner's mind for a few days, focusing on basic contemplative approaches to living life with kindness, awareness, and joy.

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

Volunteer Book Club: Monday Evenings with Lama Yeshe



When the Chocolate Runs Out - Lama Yeshe

Our volunteer community (both onsite and remote) has been gathering on Monday evenings to explore Lama Yeshe's delightful book *When the Chocolate Runs Out*. Known for his love of chocolate and his gift for using it as a metaphor for our attachments, Lama Yeshe offers both humor and profound wisdom in this charming volume.

The book addresses a fundamental question we all face: how do we find happiness when life's pleasures inevitably fade? Through Lama Yeshe's playful yet penetrating teachings, our group is discovering that by releasing our grip on attachments, we can access an indestructible joy that's always been within us.

What makes these Monday gatherings so special is the blend of laughter and deep insight that emerges from our discussions. Lama Yeshe's remarkable personality shines through every page, and whether volunteers are longtime

students familiar with his teachings or newcomers to his wisdom, everyone finds something meaningful to explore together.

This lighthearted yet transformative approach to spiritual development creates wonderful opportunities for connection and understanding within our volunteer community. The conversations flow as naturally as the wisdom itself, enriching everyone's journey while honoring the legacy of this inspiring teacher who helped bring Tibetan Buddhism to the West.

Interested in volunteering? [Click here for more information](#)

“Volunteer? That’s for other people – kind people, smiley people, charity types. Definitely not me.”

That’s how Paul Khanna’s incredible story begins. A London writer, stuck on his book, who stumbled upon Land of Joy while researching a Buddha quote. What started as a reluctant Google search became a life-changing 7-month volunteer experience.

From his epic arrival (dragging bags on foot down dark country roads!) to discovering the magic of our community, Paul’s honest and hilarious account captures what so many of our volunteers experience – the unexpected joy of service, the warmth of our Buddhist family, and the profound realization that helping others helps yourself.

“Be your own lamp means a few things... when you light the way for others, you also brighten your path.”

Paul came looking for answers about Buddhism and found so much more – new skills, deep friendships, inner peace, and a transformed understanding of what it means to serve.

His story reminds us that sometimes the best journeys begin with the most reluctant first steps.

Read Paul's Full Story

Recent Retreat



Our recent Kālacakra teaching and meditation retreat has come to a beautiful close. Participants explored Nāropa's commentary on the Sekoddeśa, a treasured 174-stanza text containing the essential teachings of the Kālacakra tradition.

Through daily sessions combining study and meditation, retreatants gained insight into this profound tantric system's foundations, connecting with the enlightened wisdom of Nāropa - a central figure in the highest yoga tantra lineages.

The retreat offered participants a rare opportunity to explore one of Buddhism's

most precious teachings while strengthening their connection to this ancient lineage of wisdom.

We extend gratitude to all who joined this sacred exploration and to the lineage masters whose blessings continue to guide us on the path. ✨

PS: When we took this picture, a handful of retreat participants had already left due to long journeys. 🚗🚚

PERFECT! Inspiring! The practice worked. The whole experience was useful for moving my practice and life forward. The interaction with everyone was seamless, smooth & gracious. The volunteers worked diligently and extremely hard to offer us the best possible service. The food and all of the work was of the highest order. THANK YOU! - Kālacakra Retreatant

Discover our Practice & Retreat Resource Library



Your personal development journey is beautifully unique, and we've lovingly curated an extensive online library of resources that speak directly to your heart and path.

- Resources organised by inspiring teachers who've shared their wisdom with us
- Content categorised by topic - making it easy to explore what calls to you

- Materials to support you, especially when you can't be with your usual communities

Whether you're drawn to meditation practices, seeking guidance on inner development, or exploring new teachings, our library is the bridge connecting you with these transformational resources. ✨📖

Visit our website and dive into this wealth of wisdom

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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Affiliated with Foundation for the Preservation of the Mahayana Tradition
Lama Thubten Yeshe, Founder
Founder and Spiritual Director, Lama Zopa Rinpoche

