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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - March 2026



🌻 As we step into March, we're reminded of the quiet turning of the seasons, the soft lengthening of daylight, the first hints of spring, and the sense of renewal that naturally arises with them. It's a beautiful moment to reconnect with our intentions, deepen our practice, and open our hearts to the opportunities for growth and compassion that this month brings.

We're delighted to share the latest updates from Land of Joy: recent retreats, upcoming offerings, community news, and resources to support

your spiritual journey wherever you are. Thank you for being part of this warm and ever-growing circle of practice, generosity, and joy. 🙏

Building Retreat Huts Together



Retreat spaces like ours are held together by the quiet love of many people - those who have practiced here, those who have offered service, and those whose generosity makes it possible for others to meet themselves with honesty and gentleness

If your heart is moved to help us build more retreat huts so others can experience this same stillness and inner freedom, your offering becomes a part of the fabric of the building, an expression of intention for the benefit of all beings who will reside and practice here for years to come.

You can learn more about the two new retreat huts and make a donation here <https://landofjoy.co.uk/building-retreat-huts-together/>

Make an Offering



🙏 **Preparing the Ground for the Retreat Huts**

As we continue laying the foundations, both practical and spiritual, for the building of our retreat huts, the community has been engaging in traditional practices to help ensure the project unfolds smoothly and without obstacles.

This week, Tulku-la kindly offered a fire puja, a powerful ritual traditionally performed to clear hindrances and create the conditions for success. The practice was dedicated not only to the retreat huts, but to the flourishing of all virtuous projects and to the wellbeing of our entire community and all sentient beings.

It is also customary, before beginning building work, to offer a tormo to the local landlord, the unseen guardian of the land, requesting their support and harmony as the project moves forward. This offering helps create a sense of cooperation with the natural and subtle environment in which the huts will be built.

With these practices completed, we hold the aspiration that the retreat huts project will progress with ease, allowing these precious spaces to be available as soon as possible. May they become a source of deep benefit for practitioners and for countless beings in the years to come. 🙏



🌸 Building Connections Beyond Land of Joy



Recently, several members of our onsite volunteer team enjoyed a wonderful visit to Throssel Hole Buddhist Abbey. Opportunities like this are so meaningful - they remind us that the Dharma flourishes in many forms, and that there are countless communities across the UK dedicating themselves to practice, service, and compassionate action in the world.

Our volunteers were warmly welcomed, shown around the abbey, treated to a delicious lunch, and even shared a cup of tea with the Abbot. It was a simple but deeply enriching exchange, offering fresh perspectives and a sense of kinship with fellow practitioners walking their own paths.

We're grateful to Throssel Hole for their hospitality, and to our volunteers for representing Land of Joy with such openness and curiosity. May these connections continue to grow and inspire us all.



New Retreats Added to the 2026 Programme

We're delighted to share that several new retreats have been added to our calendar - each offering a precious opportunity to deepen practice, reconnect with what matters, and rest in the peaceful embrace of Land of Joy.

A Retreat with Geshe Sherab: Wednesday 22nd – Sunday 26th

July We are honoured to welcome Geshe Sherab back to Land of Joy this summer. Please save the dates, full details will be shared soon.

Land of Joy Family Retreat With Olivia & Louise: Friday 31st July –

Monday 3rd August Our Family Retreat returns, offering a gentle and nourishing space for families to step away from daily busyness and rediscover connection. Through shared activities, simple practices, and time in nature, families can explore kindness, resilience, and positive ways of being together.

Mindful Movement with Body & Breath With Lou Beaumont: Friday

28th – Sunday 30th August This retreat weaves together pranayama and qigong to help you reconnect with your body's natural rhythm. Through breath and mindful movement, participants will explore how to calm the mind, balance energy, and settle into a more grounded, easeful state - a beautiful doorway into meditation.

We look forward to welcoming you for these meaningful summer offerings. May they support your practice and bring renewed clarity, joy, and wellbeing.



[Learn More and Register Here](#)

Upcoming Online Courses



Mindful Heart

With Wendy Ridley

Wednesdays 7pm - 8:10pm from the 18th February until 3rd June with a 4 week break from 15th April until 13th May - ONLINE ONLY

Land of Joy is honoured to be piloting *A Mindful Heart*, a new 12-week course developed by the Foundation for Developing Compassion and Wisdom (FDCW), inspired by Pam Cayton's *Creating Compassionate Cultures* program.

This transformative course supports participants in developing a deeper understanding of how the mind works, gradually letting go of destructive patterns of thought and behaviour while cultivating healthy self-confidence and deep, compassionate connection with others.

The course explores three core pathways - Knowledge, Strength, and Compassion - guiding participants toward a happier, more meaningful life through twelve thoughtfully designed sessions including *The Pursuit of Happiness*, *Understanding How Things Exist*, *Developing Healthy Self-Confidence*, *Compassion: Opening the Heart*, *Mindful Intention*, *Interconnection*, *Embracing Change*, *Transforming Harmful Emotions*, and *Cultivating Compassion*.

This course is for anyone seeking to understand their mind and change unhelpful patterns, explore meaningful personal growth, cultivate compassion in daily life, or engage in reflective learning within a supportive environment.

Whether you're new to mindfulness or experienced in practice, the course offers accessible practices, thoughtful dialogue, and flexible participation.

No previous experience of Buddhism or retreat is needed, just openness and curiosity.

[Learn More and Register Here](#)



Who Lives, Dies & Is Reborn: A Buddhist insight into who we are and what happens at the time of death

With Ven Mary Reavey

An ONLINE ONLY weekend, Saturday 18th & Sunday 19th April

This weekend offers a clear and practical enquiry into how the sense of self is constructed and what this reveals about living dying and rebirth. Common confusion between reincarnation and rebirth will be clarified, opening the possibility of living life and meeting death with clarity, courage and freedom.

[Learn More and Register Here](#)

Upcoming Retreats



Vajrayogini Enabling Action 100,000 Mantra Retreat

With Paula Chichester (Supported by Yeshe Palmo)

Sunday 10th April – Thursday 7th May 2026

Land of Joy warmly welcomes the return of this important retreat for those wishing to deepen their connection with Vajrayogini. Over 21 days, practitioners will complete the required 100,000 mantra recitations in supportive retreat conditions, conclude with the fire puja, and have the opportunity to engage in the extensive self-initiation.

Paula Chichester will lead the Vajrayogini meditations and discussions with warmth and insight. We're delighted to welcome Yeshe Palmo, who will offer daily Awareness Yoga sessions—a unique approach developed through decades of tantric practice and somatic work with the channels, winds, and drops.

Requirements: Vajrayogini (Naro Kacho) empowerment from Sakya or Gelug tradition; highest yoga tantra prerequisite initiation; familiarity with at least one Vajrayogini commentary; strong grounding in bodhicitta.

[Learn More and Register Here](#)



The Two Wings of Wisdom & Bodhichitta: An Exploration of the Lam Rim

With Ven Mary Reavey

Friday 3rd July – Saturday 11th July 2026

We're delighted to welcome Ven. Mary Reavey back to Land of Joy for a retreat exploring the two essential wings of the Buddhist path: wisdom and bodhichitta. Drawing on the Lamrim, the graduated path to enlightenment, Ven. Mary will guide participants in deepening both understanding and heartfelt experience of these qualities.

Across the retreat, teachings and meditations will help bring the Lamrim to life, not just as ideas but as something felt directly in the heart. Each day will offer a gentle rhythm of practice, reflection, discussion, and quiet time in nature, creating space for clarity, compassion, and inner balance to naturally unfold.

[Learn More and Register Here](#)



Building Inner Strength with the 16 Guidelines

With Wendy Ridley

Friday 17th July - Sunday 19th July

In a world where many of us feel stretched by global uncertainty, personal responsibilities, and the pace of daily life, this experiential weekend retreat offers a much-needed space to pause, reconnect, and rediscover our inner resources.

Drawing on the 16 Guidelines for Life, a universal framework developed by the Foundation for Developing Compassion and Wisdom (FDCW), this retreat explores how embodied mindfulness and ethical reflection can help us navigate challenges with clarity, resilience, and compassion. Through mindful movement, nature walks, self-inquiry, and relaxed group discussions, participants will explore practical tools for transforming thought patterns, strengthening emotional well-being, and making choices that align with their deepest values.

Over the weekend, you'll be introduced to an ethical and contemplative approach that supports meaningful change in everyday life- at home, at work, and in community. Whether you're an educator, caregiver, activist, wellbeing practitioner, or simply someone longing for grounded personal growth, this retreat offers a gentle and accessible pathway toward greater purpose, balance, and inner strength.

[Learn More and Register Here](#)

Recent Retreats



We were deeply honoured to host our 10-day **White Tara Long Life Retreat**, dedicated to the long life of **His Holiness the Dalai Lama** held during the **Days of Miracles**. Practitioners gathered with sincere hearts to offer prayers, accumulate merit, and connect with communities around the world celebrating His Holiness's 90th year.

Led for the first time at Land of Joy by **Phara Khenchen Rinpoche (Tulku-la)**, with the warm support of **Di Carroll**, participants engaged in daily White Tara sadhana, mantra recitation, group dedications, and spacious periods of silence and reflection. One day included the observance of the **Eight Mahayana Precepts**, and the retreat concluded with a joyful celebration of **Chotrül Düchen**, the Day of Miracles. We extend our heartfelt thanks to everyone who joined us and to all who support Land of Joy in creating these precious conditions for practice.



Retreat Feedback:

"We had a harmonious group and I learnt a lot from our teachers!"

"Everything was brilliant! Everyone was so kind, thoughtful, and caring - nothing was too much trouble!"

"Kindness, patience, wisdom, expertise, and humour - more from Tulku-la and Di, please!!"

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 still have availability in the next few months ([more dates are available throughout the year, please check the website!](#)):

- **Retreat Hut 1:** 21st April - 3rd May
- **Retreat Hut 2:** 20th April - 4th May | 20th June - 28th June

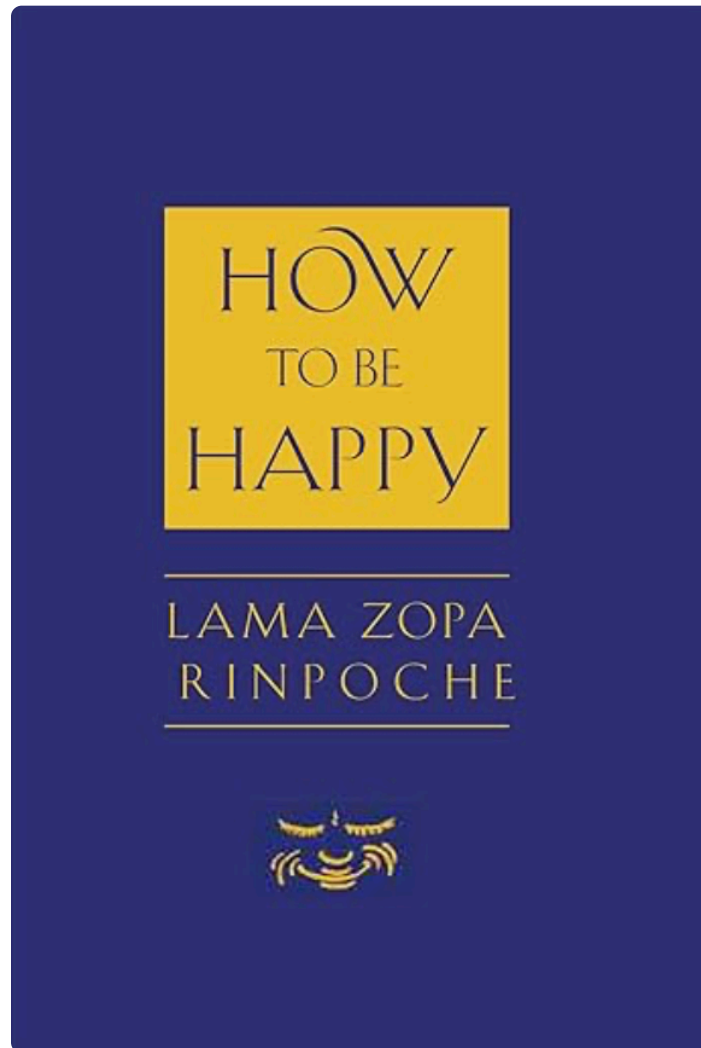
- **Retreat Hut 3:** 24th March - April 7th | 12th - 18th June

NOTE: Our retreat huts bookings are open to 2027, be sure to book in advance!

"I was very happy to see so much wildlife now - I saw an otter twice, bats, two herons, and three white-tailed deer! Happy sentient beings!"
-Sheri, a recent retreatant in a private retreat hut-

[Learn More, Check Availability and Book Your Stay](#)

Monthly Recommendation: How to Be Happy by Lama Zopa Rinpoche



This Month's Book Recommendation: *How to Be Happy* by Lama Zopa Rinpoche

This month, we're delighted to highlight *How to Be Happy*, a beautifully accessible guide in which **Lama Zopa Rinpoche** leads us back to the heart of genuine happiness, the good heart that rejoices in the well-being of others.

With his characteristic warmth and clarity, we are shown how we can transform our everyday struggles into opportunities for compassion, how to soften toward those we find difficult, and how to treat ourselves with the same kindness we wish to offer the world. He reminds us that true happiness doesn't come from changing our circumstances, but from opening our hearts.



Become a Branch of Joy



Branches of Joy: Growing Strong Together

Like a tree that needs deep roots to flourish, Land of Joy depends on the steady support of our monthly donors. Your consistent generosity creates the stable foundation that allows us to plan ahead, invest in our facilities, and ensure the Dharma remains accessible to all.

In 2025, Branches of Joy members made it possible to welcome hundreds of retreatants, complete the dining room renovation and make progress on our East Wing renovation. Your monthly gifts combine to create lasting refuge for practitioners for years to come.

Join the Branches of Joy community and help us continue offering retreat opportunities under our pure generosity model.

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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Charities Commission number 1138826



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