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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - April 2026



Welcome to our April Spiritual Programme Newsletter 🙏

Spring is settling in here at Land of Joy, and with it comes a month rich in meaning and community.

This April, we held close the third anniversary of our precious teacher Lama Zopa Rinpoche showing the aspect of passing away, a moment to pause, remember his extraordinary kindness, and renew our dedication to the practices and wishes he gave his life to.

Alongside this, our Building Retreat Huts Together campaign continues to grow, offering by offering, and there is still time to become a part of it. Our spring programme also brings further opportunities to gather, practice, and support one another on the path.

As always, we are so grateful for this community and for everything each of you brings to it. May this month be one of connection, quiet joy, and steady practice. 🧡

Building Retreat Huts Together Update

As plans continue to come together for breaking ground this summer we have been gently moving closer to our £16,000 Creating the Foundations fundraising target. Our amazing community has now raised £13,755 towards this goal, with only £2,245 remaining. Wow, wow, wow!

If you feel moved to contribute to this amazing opportunity, we welcome your support with grateful hearts. No gift is too small, and every offering brings these spaces for practice one step closer to welcoming retreatants.

Make an Offering Here

Celebrating Phara Khenchen Rinpoche (Tulku-la) 🙏



We are overflowing with gratitude for Tulku-la and the profound role he plays at Land of Joy. Having a sangha member with his wisdom and compassion residing with us is a rare and precious gift, and his spiritual guidance acts as a guiding light for us all.

We are incredibly grateful for all the daily practices Tulku-la performs for the centre with such dedication, energy and care; each offered for the continued success of Land of Joy, as well as with the wellbeing of our community and all sentient beings.

Beyond these formal practices, Tulku-la's presence brings a sense of peace and stability to our community. We feel incredibly fortunate to have his steady hand and vast heart here with us.

The question and answer sessions Tulku-la offers to the volunteer community with such joy and sincere wish to support others knowledge and practice have become a much enjoyed and eagerly anticipated weekly event.

Tulku-la is currently in retreat until July. While we miss his daily presence, we are so happy he has this time for his own practice, and we look forward to

welcoming him back with warm hearts and deep appreciation. 🧡



Blessing Our Wealth Vase



Tulku-la very kindly re-energised and blessed our wealth vase for the year ahead before leaving for his retreat. This is a cherished Tibetan Buddhist tradition which is performed annually to strengthen the qualities of abundance, harmony, protection, and wellbeing within our space and for all who visit.

For us, “wealth” is not simply material prosperity, but the richness of good health, kindness, opportunity, connection, and peace of mind. Re-blessing the vase is a way of setting positive intentions for the coming year and dedicating those blessings to our wider community.

It serves as a gentle reminder that true abundance grows through generosity, compassion, gratitude, and the wish for all beings to flourish.



Rejoicing in the Vajrayogini Retreat



Our hearts are full at Land of Joy as we host the Vajrayogini Enabling Action Retreat. The centre is humming with the dedicated energy of retreatants who have gathered to immerse themselves in 21 days of profound practice.

We are so moved by their commitment and grateful for the time and energy they will be spending as they make heartfelt prayers to invite Vajrayogini to Land of Joy each day. We are immensely grateful for all the positive energy their practice will create both for themselves, the place and the entire community.

We look forward to supporting them with their auspicious fire puja and self-initiation that will crown their journey.

Feedback From Recent Retreats

The words that follow come from those who have recently spent time here at Land of Joy, stepping away from the noise of daily life to rest, practice, and return to what matters. We share them not as testimonials, but as an offering, a glimpse into what becomes possible when conditions for genuine practice are in place. May they inspire and encourage all who feel the call to retreat.



“Enjoyable! We had a harmony group, and I learnt a lot from our teachers!”

White Tara Long Life Retreat attendee

“Everything was brilliant! Everyone was kind, thoughtful, and caring. Nothing was too much trouble!”

White Tara Long Life Retreat attendee

“I’m so happy Land of Joy is still living up to its name!”

White Tara Long Life Retreat attendee

Really lovely, warm, welcoming, fabulous delicious plentiful food and drink. Lots of laughter.

White Tara Long Life Retreat attendee

“My experience was beautiful, calming, challenging, and deeply fulfilling.”

Mahamudra Retreat attendee

Fantastic! The course was very well put together and I got a lot out of it. Roy is a fantastic teacher. Land of Joy is amazing. Loved my stay here. The volunteers did an amazing job and made my stay the best. Thank you!

Mahamudra Retreat attendee

[See the 2026 Programme Here](#)

Newly Added Retreats



The Heart Sutra: Exploring the Wisdom of Emptiness with Geshe Thubten Sherab

We are deeply honoured to welcome Geshe Thubten Sherab to Land of Joy for a transformative retreat exploring one of the most treasured texts in the Mahayana tradition: The Heart Sutra.

Though brief, the Heart Sutra contains the concentrated essence of the Buddha's teachings on emptiness. It points us directly toward the nature of reality, offering the wisdom needed to free the mind from confusion and the grip of suffering. Understanding that all phenomena are empty of inherent existence allows us to relate to our lives with newfound clarity, compassion, and freedom.

This retreat will be a balanced blend of:

- **Deep Study:** Unpacking the essential message of the Sutra.
- **Guided Meditation:** Moving beyond the intellectual to make wisdom an experiential reality.
- **Contemplative Silence:** Space to let these foundational insights settle in the peaceful environment of Land of Joy.

Join us for this precious opportunity to sit with the 'Wisdom of Emptiness' and learn to see the world through a lens of greater freedom.

Book Your Place Here



Mindful Movement with Body & Breath with Lou Beaumont

Step away from the busyness of daily life and join us for Mindful Movement with Body & Breath, a gentle and nourishing retreat designed to help you reconnect with your natural rhythm. This retreat will offer a grounded, accessible pathway to inner peace, using the ancient wisdom of the body to steady the mind.

Throughout this retreat, we will explore the beautiful synergy between two powerful systems of wellbeing:

- **Pranayama (Yogic Breathwork):** Discover how to regulate your nervous system, cultivate inner calm, and energise the body through intentional breathing.
- **Qigong (Mindful Movement):** Engage in slow, flowing sequences designed to release tension, improve mobility, and harmonise the flow of *chi* (subtle energy).

By combining these practices, we create a bridge to deeper meditation, allowing energy to flow freely while anchoring our awareness in the present moment.

This retreat is open to **everyone**. No prior experience with yoga or meditation is necessary. It is particularly supportive if you are feeling stressed or overwhelmed, or if you simply wish to explore how light movement and breath can transform your sense of wellbeing. All you need is the ability to engage in light standing or sitting movement - and, of course, your breath!

Book Your Place Here



Kalachakra Six-Session Guru Yoga Nearing Retreat with Linda Noble

We are honoured to host a Kalachakra Six-Session Guru Yoga Nearing Retreat, a rare and precious opportunity for practitioners to stabilise their commitments and immerse themselves in the profound vision of the Kalachakra mandala.

This retreat is designed as a "nearing retreat," focusing on the daily recitation and contemplation of the Six-Session Guru Yoga to renew *samaya* and deepen devotion to the lineage. By stepping away from worldly distractions, we create a sacred container where the visualisations, prayers, and commitments of this practice can move from the page and become deeply integrated into our hearts.

This will be an intensive, semi-silent retreat structured to support deep concentration and steady progress. Our days will consist of:

- **Continuity of Practice:** Six daily sessions of guru yoga to maintain the flow of practice.
- **Mantra Accumulation:** A dedicated count to aim for throughout the retreat.
- **Instruction & Discussion:** Daily guidance and group reflection to refine your understanding and confidence.
- **Auspicious Conclusion:** The retreat will culminate in a traditional **burnt offering ritual (fire puja)** to crown our collective efforts.

Important Prerequisites

To maintain the integrity and energy of this intensive practice, participants must meet specific requirements:

- **Empowerment:** You must have received a Kalachakra initiation from a fully qualified teacher.
- **Existing Practice:** You should already maintain a regular Kalachakra practice and be familiar with Six-Session Guru Yoga.
- **Stability of Mind:** A firm foundation in the Three Principal Aspects of the Path (Renunciation, Bodhicitta, and Right View) is essential.
- **Recommended Reading:** We highly encourage reading *How to Practise Kālacakra in the 21st Century (Volume One)* by Andy Wistreich in preparation.

Book Your Place 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**](#)

Upcoming Retreats



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](#)

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

- **Retreat Hut 1:** 2nd - 11th May | 4th - 11th June | 22nd October - 19th November | 10th - 19th December
- **Retreat Hut 2:** 3rd - 19th November | 8th - 18th December
- **Retreat Hut 3:** 17th - 28th October | 17th - 25th November | 8th - 20th December

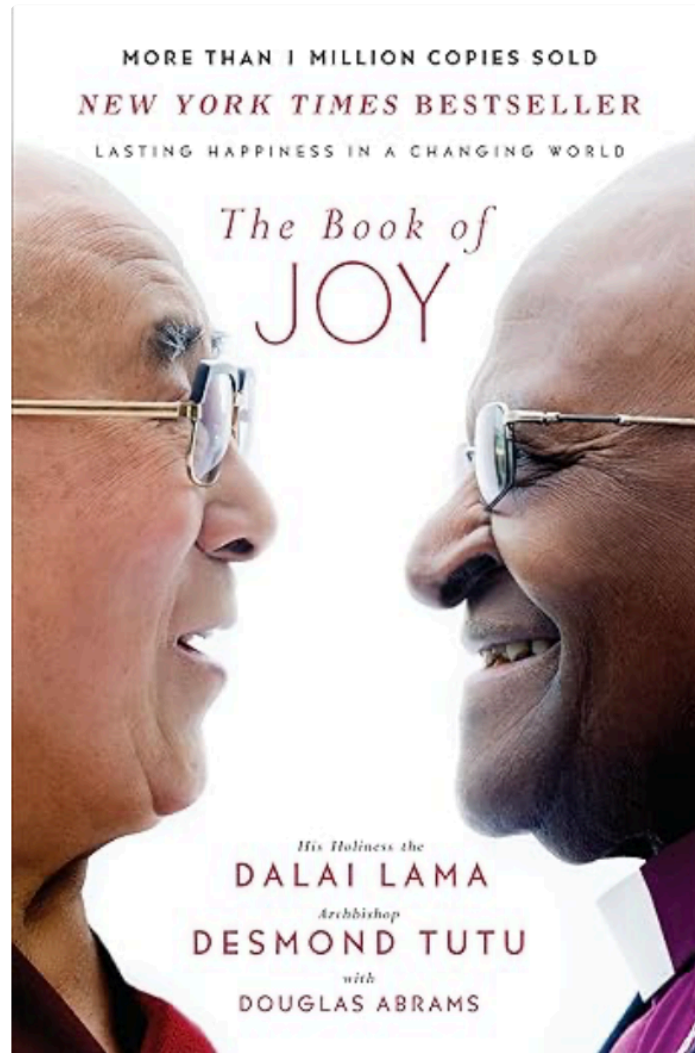
NOTE: Our retreat huts bookings are open to 2027, please be sure to book in advance!

“I am very grateful for the opportunity to have a retreat in a place like this. So much work and care went into these huts! Thank you!”

-Luisa, a recent retreatant in a private retreat hut-

Learn More, Check Availability and Book Your Stay

Monthly Recommendation: "The Book of Joy"



This Month's Book Recommendation: "The Book of Joy"

What happens when two of the world's most beloved spiritual leaders spend a week together laughing, teasing, and sharing their deepest heart-wisdom? We

are delighted to highlight *The Book of Joy*, a unique collaboration between His Holiness the Dalai Lama and the late Archbishop Desmond Tutu.

Despite lives marked by exile, oppression, and hardship, these two "spiritual giants" remained two of the most genuinely joyful people on the planet. In this book, they explore a single, burning question: How do we find joy in the face of life's inevitable suffering?

This isn't just a book of philosophy; it is a practical guide for the modern soul. Through their intimate stories and scientific insights, they reveal:

- **The Nature of Joy:** Why joy is much deeper than fleeting happiness.
- **Overcoming Obstacles:** How to transform fear, stress, anger, and grief.
- **The Eight Pillars of Joy:** The foundational qualities—such as humility, forgiveness, and gratitude—that support a resilient heart.
- **Daily Joy Practices:** Specific spiritual exercises the Dalai Lama and the Archbishop used to anchor their own emotional lives.

The beauty of this collaboration lies in its humanity. The Archbishop never claimed sainthood, and the Dalai Lama consistently describes himself as a simple monk. They offer us a reflection of real lives filled with pain, showing us that peace and courage are attainable for all of us, no matter our circumstances.

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.