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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - May 2026



Welcome to our May Spiritual Programme Newsletter 🙏

You may notice something a little different this month - we are sending our Spiritual Programme Newsletter first, ahead of our General Newsletter, which will follow later in May because we have some wonderful news we wanted to share with you without delay.

Spring is well and truly with us here at Land of Joy, and the grounds are coming alive in the most beautiful way. The gardens are in full bloom, birdsong fills the air from early morning, and there is a gentle, renewing energy about the land that feels very much in keeping with the spirit of practice and contemplation. We hope that wherever you are, something of this season's freshness is finding its way to you too.

Alongside our special announcement this month, we bring you all of the usual offerings we hope have become a cherished part of your month: details on our upcoming retreats, information on retreat hut availability for those wishing to undertake personal practice here at Land of Joy, a book recommendation to support your study and reflection, and a teaching video to nourish your practice between visits.

As always, we are deeply grateful for your continued connection to Land of Joy and for the warmth and dedication of this community. May all that we share here bring benefit to your practice and to the happiness of all beings. 🙏

Exciting News!



His Eminence Khensur Jhado Rinpoche Visits the UK Wednesday 9th – Sunday 13th September 2026

We are absolutely delighted to share the news that over recent months, Land of Joy has been working together with our colleagues at Jamyang London, Jamyang Leeds and FPMT Europe to arrange a UK visit for His Eminence Khensur Jhado Rinpoche as part of his European Tour. We are thrilled to announce that the dates and full teaching schedule have now been confirmed.

His Eminence is one of the most esteemed lamas in the Geluk tradition with extreme kindness will be offering a programme of incredible depth and breadth across five days which will include tantric initiations, oral transmissions, and commentaries.

The visit is co-hosted by Land of Joy, Jamyang Leeds and Jamyang London, with all events held at Jamyang London.

The Teaching Schedule

Wednesday 9th & Thursday 10th September: Kalachakra initiation, with teachings on the Three Principal Aspects of the Path and Lojong.

Friday 11th September: Cittamani initiation and transmission of texts.

Saturday 12th September Lama Tsong Khapa Three Deities jenang and Lama Chöpa commentary.

Sunday 13th September Medicine Buddha jenang and puja lung followed by Lama Chöpa commentary.

Following his time in the UK, His Eminence will travel to Italy, where the next stage of his European Tour continues at Instituto Lama Tzong Khapa.

We extend our heartfelt gratitude to Phara Khenchen Rinpoche, Geshe Namdak, and Geshe Rinchen for their care and wisdom in designing such a rich and precious schedule, and of course to His Eminence Khensur Jhado Rinpoche himself for agreeing to it in full and with such generosity of spirit.

Please save these dates. Details regarding online availability and registration are still to be confirmed - we will share further announcements as soon as they are available.

H.E. JHADO RINPOCHE

EUROPEAN TOUR 2026



UNITED KINGDOM

9 - 13 SEP

UK Collaboration:
Jamyang Buddhist Centre London

ITALY

16 -23 SEP

Instituto Lama Tsong Khapa

26 - 27 SEP

Jonang Shambhala Tibetan Centre

30 SEP - 6 OCT

Centro Muni Gyana

SPAIN

9-11 OCT

Nagarjuna C.E.T. Barcelona

NETHERLANDS

21 -23 NOV

Maitreya Instituut Loenen

FRANCE

15 - 23 OCT

Nalanda Monastery

26 OCT - 3 NOV

Institut Vajra Yogini

6 NOV

Tibetan Paris Community

7-8 NOV

Kalachakra Center

SWITZERLAND

13-15 NOV

FPMT Switzerland

ROMANIA

18 NOV

Center of White Mahakala



Organised by FPMT European Coordination
Please visit individual center for full details at:
<https://fpmt.org/centers/#europe>



Important Update



We have an important update regarding our retreat **Emptiness in Everyday Life: Freedom Through Understanding with Geshe Rinchen**. This retreat was previously scheduled for September, but has needed to be moved to **Thursday 5th – Sunday 8th November 2025** to accommodate His Eminence Khensur Jhado Rinpoche's precious visit to the UK.

Emptiness lies at the heart of the Buddha's wisdom - the key to freedom from confusion and the source of genuine compassion. Over the course of this retreat, Geshe Rinchen will guide participants through a step-by-step exploration of emptiness as presented in the Tibetan Buddhist tradition, drawing inspiration from the works of great masters such as Je Tsongkhapa.

Through a balance of study, reflection, and meditation, you will have the opportunity to engage both intellectually and experientially with this essential teaching, discovering how understanding the dependent nature of reality can bring greater clarity, peace, and kindness into everyday life.

We hope this change opens the door for even more of you to attend, and we warmly encourage you to save the new dates.

[Book Your Place Here](#)

Thank You to our Vajrayogini Retreatants



Our hearts are full as we reflect on the recent Vajrayogini Enabling Action 100,000 Mantra Retreat, which has now drawn to a close after 25 days of profound and dedicated practice.

We are deeply grateful to every retreatant who gave their time, energy, and wholehearted commitment to this important practice. Their heartfelt prayers, mantra accumulations, and the auspicious fire puja and self-initiation that crowned their journey have filled Land of Joy with an energy that continues to resonate throughout the centre and far beyond.

To all who took part: may the merit of your practice be a source of lasting benefit - for yourselves, for this place, and for all beings.

“Profound and nourishing! The people, retreatants, and staff were A+!”

Vajrayogini Retreat attendee

“Calm, clear, and collected - loved the chanting and singing together!”

Vajrayogini Retreat attendee

“The harmony of the group was unique - I will forever carry the bliss of this group, as well as the combined wisdom.”

Vajrayogini Retreat attendee

“I had a beautiful time here - I don't know what more I could wish for.”

Vajrayogini Retreat attendee



A Precious Opportunity



The Heart Sutra: Exploring the Wisdom of Emptiness

With Geshe Sherab

Wednesday 22nd – Sunday 26th July

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.

Geshe Sherab's teachings are described as truly extraordinary, reflecting a rare gift of delivering the most profound insights with incredible pith and clarity. We hope as many of you as possible can come and benefit from this rare opportunity which will be the last before Geshe-la enters

long retreat.

Book Your Place 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.

Book Your Place 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.

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.

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



Living with Integrity: A Weekend on the Second Perfection - Ethical Discipline

With François Schick

Friday 4th - Sunday 6th September

During this weekend at Land of Joy, François Schick will guide us into a gentle exploration of the second pāramitā — ethics and morality. Together, we will deepen our understanding of this essential practice and the ways it supports a meaningful life.

Throughout the retreat, François will invite us to reflect on how ethical conduct nurtures inner peace and how our choices shape both our present and future through the law of karma. Rather than abstract philosophy, we will focus on how these timeless teachings can be applied to the small moments of daily life — in our words, our actions, and our relationships.

The retreat will weave together guided reflections, simple practices, and quiet time for personal contemplation. Through this balance, we will discover how

living with integrity can bring steadiness, clarity, and ease to the way we move through the world.

[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:** 4th - 11th June | 27th October - 19th November | 2nd - 19th December
- **Retreat Hut 2:** 3rd - 19th November | 8th - 18th December
- **Retreat Hut 3:** 17th - 28th October | 17th - 25th November | 10th - 19th December

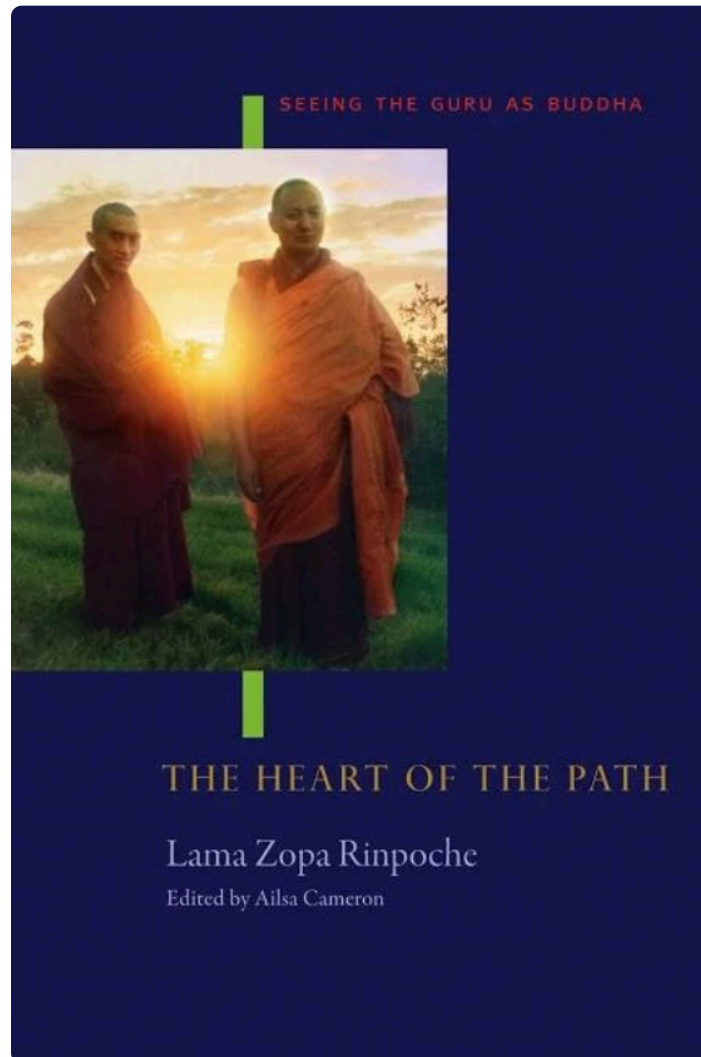
NOTE: Our retreat huts bookings are open to 2027, please be sure to book in advance!

“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 Heart of the Path”



This month we are delighted to recommend a truly precious resource for those wishing to deepen their understanding of guru devotion.

The fruit of seven years of meticulous editing by Ven. Ailsa Cameron, this remarkable volume draws from nearly fifty teachings by Lama Zopa Rinpoche to offer one of the most comprehensive explorations of guru devotion available in the English language. Alongside teachings on all the traditional sub-topics found in Lama Tsongkhapa's lam-rim, the book includes a helpful reading outline, supplementary prayers, teachings from other renowned Tibetan masters, and beautiful images of Lama Zopa Rinpoche, Lama Yeshe, and other beloved teachers throughout.

For anyone who has ever encountered doubt about the meaning or possibility of seeing the guru as Buddha, this book offers both clarity and inspiration in equal measure.

The book is made available through the [Lama Yeshe Wisdom Archive](#), whose website also offers free access to thousands of pages of teachings, hundreds of audio recordings, a photo gallery, and much more, all freely offered for the benefit of all beings.

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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