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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - June 2026



Welcome to our June Spiritual Programme Newsletter 🙏

June arrives carrying with it a quality of light that feels almost generous - long days, open skies, and the land at its most alive. It is a beautiful time to deepen our practice, and we are delighted to welcome you to our June Spiritual Programme Newsletter.

This month holds something truly precious at its heart. We are still within the blessed window of **Saka Dawa**, that sacred month when every act of

kindness, every prayer, every moment of genuine practice is amplified beyond what we can imagine. What a gift to be practitioners in this time.

As the season opens, so does our programme. Whether you are drawn to silent contemplation, embodied movement, philosophical inquiry, or simply the nourishment of like-minded community, there is something here for you this summer.

As always, this newsletter is sent with love and deep gratitude for your presence in our community. You are the heart of Land of Joy. ❤️

Celebrating our Community Programme

One of the things we are most proud of at Land of Joy is that our community never stops. Our wonderful local volunteers show up with dedication, warmth, and genuine love for the Dharma to offer regular community offerings with joy and love.

For our local community:



Wednesday Night Meditations

1st and 3rd Wednesday of each month | 6–7pm

Land of Joy's main gompa

You don't need to be Buddhist, or have any prior experience - just a willingness to come along, meet the team, and discover what Land of Joy is all about. ✨

Whether you're curious about meditation and want to give it a try, or you have your own practice but find it hard to sustain on your own, our Wednesday night meditations offer a quiet, supportive space to explore. Experienced meditators guide you through a variety of techniques and themes - welcoming for beginners and experienced practitioners alike.

No need to book - just turn up at the main door, and we'll show you to the room. 💙



White Tara Practice Opportunity

💙 Practice With Us - From Anywhere in the World

Did you know that Land of Joy's offerings extend beyond our beautiful Northumberland grounds? Whether you're local or far away, there are ways to practice with us - including our beloved monthly White Tara Practice Group, which meets online every third Wednesday of the month.

💙 **White Tara Practice Group *Every third Wednesday of the month, 5:00pm GMT (approx. 2 hours), via Zoom Led by Paula Chichester***

Glorious White Tara - healer of all ills and giver of long life - is at the heart of this monthly online practice group. Together, we dedicate the power of this practice to the long lives of our precious teachers, and draw on it to support healing - for ourselves, for others, and for whatever healing practices we already hold.

Who can join? This group is open to anyone who has received the **White Tara Empowerment**, or any **Kriya Tantra** or **Highest Yoga Tantra Initiation**


from a qualified Tibetan Lama. New participants are welcome to join at any time, it's a wonderful opportunity to deepen your practice and, over time, develop a stable foundation in the White Tara sadhana. If you're unsure whether this group is right for you, please reach out to spc@landofjoy.co.uk.

Once booked, you'll receive the Zoom link along with the resources needed to follow the practice.

Book Your Place Here

A Heartfelt Thank You



 **Thank you to everyone who joined us for The Bridge from Shamatha to Vipassana!**

Whether you arrived as a complete beginner or a seasoned practitioner, you brought with you the same essential ingredient: a willingness to sit, to look, and to begin training the attention.

Over these days, we trained the mind in stillness through Shamatha, and turned that stability toward genuine seeing through Vipassana, exploring the nature of thoughts, emotions, and experience itself with fresh eyes.

This retreat was a joyful collaboration between Land of Joy and our friends from Jamyang Leeds, and we are so grateful for the connection between our communities. 🌿

Thank you for sharing this journey with us. May your practice continue to deepen and flourish. 💙

Some feedback from the Bridge from Shamatha to Vipassana participants:

"A very special place with special people who make retreats like this one possible — wonderful!"

"Profound, peaceful, comfortable, well supported."

"Beautiful, relax, clean, peaceful. I wish I could bring Land of Joy to my home 😊"

"Ven Mary is an incredible teacher and presence. The recaps of teaching were very helpful. Thank you for the 1-1 chats too. Much gratitude for the whole experience."

"The guidance was clear, calm and grounded, which made the teachings easy to connect with."

Spaces Still Available



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](#)

Upcoming Retreats



Mindful Movement with Body & Breath

with Lou Beaumont

Friday 28th – Sunday 30th August

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



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



Kalachakra Six-Session Guru Yoga Nearing Retreat

With Linda Noble

Saturday 14th – Saturday 28th November

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:** To be familiar with Six-Session Guru Yoga practice.
- **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

New Retreat Dates



Emptiness in Everyday Life

With Geshe Rinchen

Thursday 15h – Sunday 8th November

****NOTE: This retreat was originally scheduled for September but was moved due to [Jhado Rinpoche's exciting visit to the UK the 9th-13th of September.](#)***

We are delighted to welcome Geshe Rinchen, resident teacher at Jamyang Buddhist Centre Leeds, for a retreat exploring one of Buddhism's most profound and liberating insights - emptiness.

Emptiness lies at the very heart of the Buddha's wisdom: the key to freedom from confusion and the ground from which genuine compassion naturally arises. Over this long weekend, Geshe Rinchen will guide participants through a step-by-step exploration of emptiness as presented in the Tibetan Buddhist tradition, drawing on the works of great masters such as Je Tsongkhapa. Through a balance of teachings, guided meditation, and quiet reflection, we will explore how freeing ourselves from the notion of an inherent self can bring greater clarity, peace, and kindness into the texture of everyday life.

This retreat is open to everyone - no prior knowledge required. All that is needed is curiosity, openness, and a sincere wish to understand more deeply.

Book Your Place 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:** 11th - 19th November | 2nd - 19th December
- **Retreat Hut 2:** 3rd - 19th November | 8th December - 28th January
- **Retreat Hut 3:** 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: Podcast “The Workshop is in the Mind”



Recommended Listening: **The Workshop Is in the Mind**

If you're looking for Buddhist teachings that are direct, practical, and genuinely alive, look no further than Ven. Robina Courtin's podcast, **The Workshop Is in the Mind**.

With her signature warmth, candour, and sharp wit, Ven. Robina cuts straight to what matters: how to actually work with the mind. Episodes explore managing anger, cultivating happiness, understanding karma, and applying Buddhist philosophy to the very ordinary - and sometimes messy - texture of daily life.

Short on time? Her bite-sized *Something To Think About* episodes are perfect for a moment of reflection on the go.

 Available on [Spotify](#) and [Apple Podcasts](#)

A wonderful companion for your practice, wherever you are in the world. 🙏

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!