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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - August 2026



Welcome to our August newsletter! ☀️

August settles over Land of Joy with the deep, unhurried warmth of high summer - golden fields, longer shadows in the evening, and a quiet sense of abundance across the land. It's a month of continued growth and gentle activity here at the centre, and we're delighted to share all that's unfolding in our community this month.

In this issue, you'll find news and updates from Land of Joy, a look at the retreats and gatherings ahead, and glimpses of the everyday moments that make this such a special place.

As always, this newsletter comes to you with love and deep gratitude for your continued connection to our community — whether you join us here in person or hold us in your heart from afar. 

Few Tickets Remain!

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



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Please visit individual center for full details at:
<https://fpmt.org/centers/#europe>



☀️ **Jhado Rinpoche Visit: Few Tickets Remain** 🦋

We are so fortunate: His Eminence Jhado Rinpoche will visit the UK for five special days — Wednesday 9th to Sunday 13th September — offering a rich programme of initiations, transmissions, and teachings, including the Kalachakra Initiation, the Cittamani Tara Torma and Body Mandala Initiations, Lama Chöpa Commentary, and more.

Spaces are filling fast:

- **Days 1 & 2** (Kalachakra Initiation, Teachings on the Three Principal Aspects of the Path & Lojong): **Sold out** 🙏 — online availability is still open
- **Day 3** (Cittamani Tara): **Few tickets left**
- **Days 4 & 5** (Lama Chöpa Commentary and more): **Few tickets left**
- **Online Day 1**: Tickets still available

Spaces in the gompa are now full, but the teachings continue throughout the centre — screens in the Tara Room, the library, reception, and across the building will show the empowerments, so wherever you're seated, you'll be fully part of the mandala of these precious initiations.

Book the part of the programme that speaks to you - don't miss your chance to receive these rare and precious teachings!

[Learn More and Register Here](#)

Building Retreat Huts Together Project **Update: Rock Stars, Big and Small** 🪨🏗️











There's a lot happening beneath the surface at Land of Joy these days — some of it glamorous, some of it decidedly not, but all of it essential!

Fresh gravel was delivered recently, and our incredible volunteers rolled up their sleeves (and grabbed their rakes!) to spread it across the driveway. What could have felt like a mountain of a task turned into a joyful group effort — proof that many hands really do make light work! From the delivery truck to the finishing touches, this crew didn't miss a beat. Hard work, but our volunteers really rocked it! 🎸

Meanwhile, over the past few weeks, contractors have been hard at work laying the groundwork (quite literally) for our retreat hut building project. It's muddy, it's methodical, and it's exactly the kind of unseen effort that makes everything else possible. Every metre of cable and pipe laid now means light, water, and warmth for retreatants down the line.

Land of Joy wouldn't be the beautiful, welcoming place it is without this kind of generous community spirit — whether it's volunteers spreading gravel or a

groundworks team working in all weathers. Huge thanks to everyone involved.



More updates to come as the retreat hut project takes shape — watch this space! ✨

☀️ Our Volunteers

Feasts, Field Trips & Friendship ☀️





When our volunteers aren't busy cooking up feasts for retreatants or lending a hand with the building project, they're out making the most of everything Northumberland has to offer — and having a wonderful time doing it together!

This month saw a joyful outing, with our crew exploring some dramatic ruins and stunning coastal views — even a certain fluffy mascot got in on the adventure, pausing for photos along the way! 🐾 Ice creams, laughter, and beautiful scenery made for a truly special day of connection and community.

And when they're back in the kitchen, our volunteers turn their hands to something equally impressive: beautiful, generous spreads for our retreatants. From vibrant vegetable noodles and fresh beetroot slaw to elegant peach and cream cheese crostini, every dish is made with as much care and creativity as the retreats themselves. 🍴✨

Whether they're serving up delicious meals, digging into groundwork, or simply gathering together on an outing, our volunteers are the heart of Land of Joy. We're endlessly grateful for their generosity, good humour, and hard work — thank you for everything you do! 🙏





We Are Family









Another family retreat completed over a long weekend - a group of 24 - some new to Land of Joy and others who have returned.

This year we looked at kindness and bravery, but underneath it all, like every year, it's really about being nourished connection, and finding a small amount of time to do some inner work.

We did some beautiful activities - my favourite being watercolours by the river, our Q&A with Tulka-La and families exchanging letters and cards with words of appreciation, pride and kindness.

And what makes it super special is how inclusive Land of Joy is. Families pay what they want or what they can afford no questions asked as part of the 'generosity model', and some may also give back in other ways such as through karma yoga.

We had some lovely feedback about how participants felt as though the space was inclusive, supportive, welcoming, balanced.

And so, each year we put our trust in each other and the children and this year, like all the others we learnt new things, made happy memories, did some

inner work and connected with self and others - which is what it's all about.

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](#)



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



Kalachakra Six-Session Guru Yoga Nearing Retreat

With Linda Noble & Andy Wistreich

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

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
- **Retreat Hut 2:** 19th - 26th September
- **Retreat Hut 3:** 20th September - 3rd October | 17th - 25th November |

10th - 19th December

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

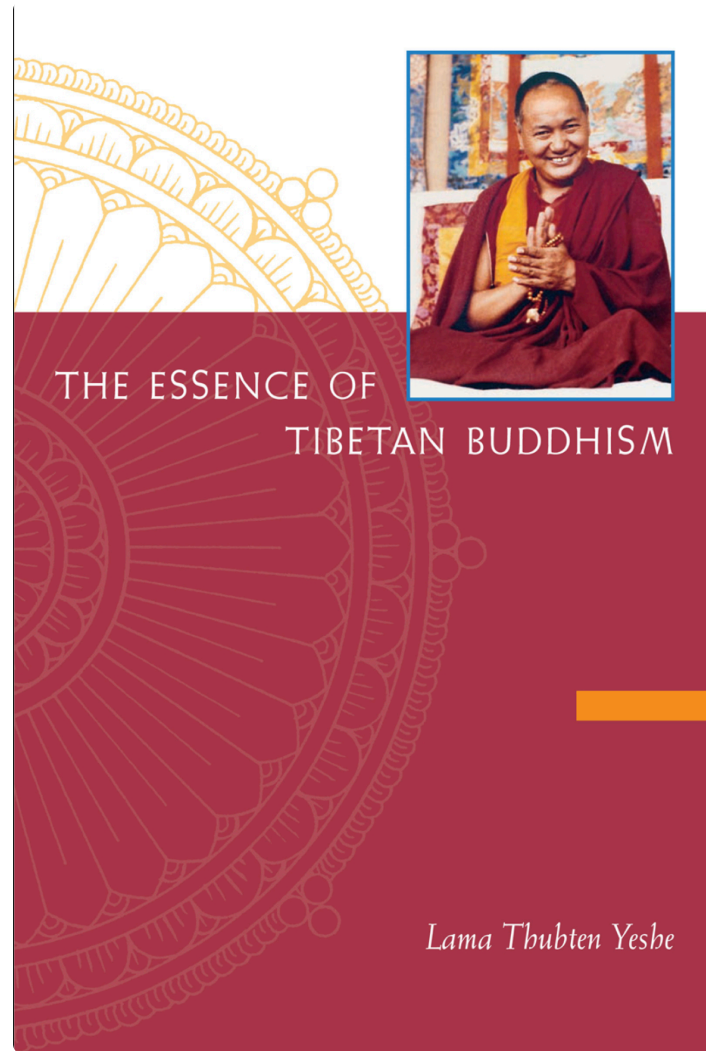
“I am very grateful for the opportunity to have a retreat in a place like this. So much work and care went into these huts! Thank you!”

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

Learn More, Check Availability and Book Your Stay

Monthly Recommendation

The Essence of Tibetan Buddhism: The Three Principal Aspects to the Path and Introduction to Tantra by Lama Thubten Yeshe



This month we recommend a real gem for anyone deepening their study of the path: *The Essence of Tibetan Buddhism* by Lama Thubten Yeshe.

The book brings together three teachings born from some wonderfully serendipitous circumstances. The first, "The Three Principal Aspects of the Path," was given in France in 1982 during a European tour sponsored by His Holiness the Dalai Lama. Just before His Holiness's scheduled teachings at Institut Vajra Yogini, he fell ill and asked Lama Yeshe to step in — to "baby-sit" the audience, as Lama Yeshe put it himself! What resulted is this warm, accessible two-part teaching on the three principal aspects of the path.

The second teaching, an "Introduction to Tantra," was given at Grizzly Lodge, California, in 1980, and comprises the first two lectures of a commentary on the Chenrezig yoga method, taught at the request of Vajrapani Institute, Boulder Creek.

Together, these teachings offer both a clear grounding in the foundations of the path and an inviting doorway into tantric practice — all delivered with Lama Yeshe's characteristic warmth and clarity. Well worth a read, whether you're new to these topics or returning to them with fresh eyes. 🙏

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.