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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - September 2026



Welcome to our September newsletter! 🍂

September arrives at Land of Joy with a gentle shift in the air — golden light settling over the valley, the garden's late harvest giving generously, and the sense of change as summer eases into autumn. It's a season of both culmination and new beginnings 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. 💚

Welcoming H.E. Jhado Rinpoche



Preparing for & Welcoming H.E. Jhado Rinpoche 🌸✈️

Last week, Phara Khenchen Rinpoche (Tulku-la) and our Centre Director Beth were hard at work helping prepare for His Eminence Jhado Rinpoche's UK visit alongside other volunteers gathered at Jamyang London.

We were thrilled to welcome Rinpoche to the UK for the first time, flowers in hand and hearts full. What a joy to see him arrive safely and settle in, ready for the precious teachings to come.

Thank you to everyone for all the care, preparation, and warmth that's gone into making this visit possible. It's been a truly collaborative effort between Jamyang London, Jamyang Leeds and Land of Joy and we're so grateful for the chance to come together for such an incredible event.

We look forward to sharing more about these precious times in our next newsletter 🙏



Building Retreat Huts Together Project Update



Over the past three weeks an incredible amount of progress has been made on the retreat hut build thanks to the immense dedication and efforts of the hut construction team.

The hut structures have been delivered and our volunteers have been hard at work measuring, levelling, and constructing the sturdy foundations that will support these huts for years to come. Working amidst the birch trees, they've carefully squared up each frame, secured the corner posts, and built out the

framework that are now starting to hold walls, roofs, and — eventually — retreatants seeking quiet and solitude.





It's muddy, physical, hands-on work, with more than a few damp boots and hard-won measurements along the way. But there's real satisfaction in watching the hut rise from the ground, piece by piece, knowing that every post set and every beam levelled brings Land of Joy one step closer to offering more spaces for private retreat.

We're so grateful to our volunteers for the time, precision, and dedication they continue to bring to this project. Little by little, frame by frame, the huts are becoming real - especially to Fichou who is investing a huge amount of time, energy and thought into coordinating and take of this precious build.

More updates to come as the build continues — watch this space! 🙏



🌿 From the Garden 🌿





Late Summer Abundance in the Kitchen Garden 🌱🍅

The gardens at Land of Joy are positively overflowing this month! Crate after crate has been filling up with the fruits of a long summer's growing — tomatoes in every shade, glossy courgettes in green and gold, crisp cucumbers, sweet peppers, and rows of red onions freshly lifted from the earth.

Out in the polytunnel and beds, courgette flowers are still blossoming brightly alongside baby squash, promising even more to come, while cucumbers hang heavy on the vine. It's the kind of abundance that comes from months of patient tending — watering, weeding, and quiet care, day after day.

This harvest doesn't just look beautiful; it makes its way straight into our kitchen, nourishing retreatants and volunteers alike with the freshest possible

flavours of the season. It's deeply grounding to enjoy a meal that began, quite literally, in the soil just outside the door.

Huge thanks to our garden volunteers for the hours of hard work that make this abundance possible. Every basket carried in is a small offering of generosity. 🙏🌻





Mindful Movement



Mindful Movement with Body & Breath

Thank you to everyone who joined us recently for Mindful Movement with Body & Breath, led with such care by Lou Beaumont!

Together, participants explored the beautiful synergy between pranayama (yogic breathwork) and qigong (mindful movement) — two ancient practices that complement one another perfectly, breath guiding awareness inward while movement allowed energy to flow freely. Through gentle, slow-paced sessions, the group worked with breathing practices to calm the nervous system, qigong sequences to release tension and support the flow of chi, and simple meditations rooted in breath and embodied presence.

It was wonderful to see participants of all experience levels — from complete beginners to those with years of practice — move and breathe together at their own rhythm, reconnecting with the body's natural wisdom and finding moments of real stillness and clarity.

A heartfelt thank you to Lou for her warm and grounded guidance, and to everyone who brought openness and presence to this weekend. We hope you leave feeling a little more balanced, a little more at ease, and carrying these tools with you into daily life. 🙏

“It is a very special, peaceful place. I am very grateful for the time I have spent here”

“After feeling nervous initially, I felt welcome immediately and settled into a pleasant weekend. Everything was conducted calmly and I appreciated Lou’s vast experience”

“A totally new enlightening experience, great!”

Living With Integrity



🙏 Thank You, Living with Integrity Retreatants! 🙏

A heartfelt thank you to everyone who joined us last weekend for Living with Integrity: A Weekend on the Second Perfection — Ethical Discipline, with François Schick.

Together, we explored the second pāramitā — ethics and morality — and how our everyday choices, in our words, our actions, and our relationships, shape both our present and future through the law of karma. Through guided teachings, quiet contemplation, and gentle practice, we discovered how living

with integrity can bring real steadiness, clarity, and ease.

Thank you to François for his warm and grounded guidance, and to every participant who brought openness, curiosity, and presence to this weekend. It's a privilege to hold space for this kind of reflection together. 🦋

“Mind blowing – transformative...I feel very peaceful. I would love to put it into this life! He was so wonderful, knowledgeable, so deeply spiritual, sympathetic. This place is so unique, I love being here”

“Perfect. For such a heavy and difficult topic I found the content light and well explained. I found the way he used everyday situations to teach the topic really helpful. His style was so relaxed and his use of equanimity was appreciated throughout”

Upcoming Retreats



Introduction to Buddhism

With Phara Khenchen Rinpoche (Tulku-la) & Di Carroll

Friday 30th October – Sunday 1st November

Tibetan Buddhism is a rich spiritual tradition that combines philosophical teachings, meditation practices, and ways of living with compassion and wisdom. It offers practical guidance for understanding the mind, working with emotions, and developing clarity, kindness, and insight.

This weekend retreat is a short introduction, designed for anyone curious

about Tibetan Buddhism who wants to learn a little and see if they would like to explore further. You'll touch on foundational Buddhist concepts such as bodhicitta (the mind of awakening), wisdom, ethical conduct, karma, the Four Noble Truths, the Eightfold Path, rebirth, impermanence, death and dying, and taking refuge in the Three Jewels.

No prior experience is needed — you can come simply curious and see how these teachings resonate with you.

This retreat is for anyone who wants to:

- Get a short introduction to Tibetan Buddhism, learning the basics in a gentle and welcoming setting.
- Learn how meditation can support understanding and develop the mind.
- Ask questions and discuss the Buddhist path with an experienced teacher.
- Reflect on life's big questions, such as karma, rebirth, and how to cultivate kindness and clarity.
- For those who have studied buddhism and would like to reconnect/receive a reminder of lam rim topics this would be useful.

It is for anyone who would like to take a first step into Tibetan Buddhism, explore its teachings, and see if they would like to learn more — all in a friendly, engaging, and practical way.

Book Your Place Here



Emptiness in Everyday Life

With Ven Mary Reavey

Thursday 5th – Sunday 8th November

**NOTE: This retreat was originally scheduled with Geshe Rinchen but Ven Mary is now kindly leading in his absence*

We are delighted to welcome Ven Mary 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 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.

This is a perfect opportunity for those who recently received the Kalachakra initiation from Jhado Rinpoche to learn more about this precious practice from an experienced practitioner.

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!](#)):

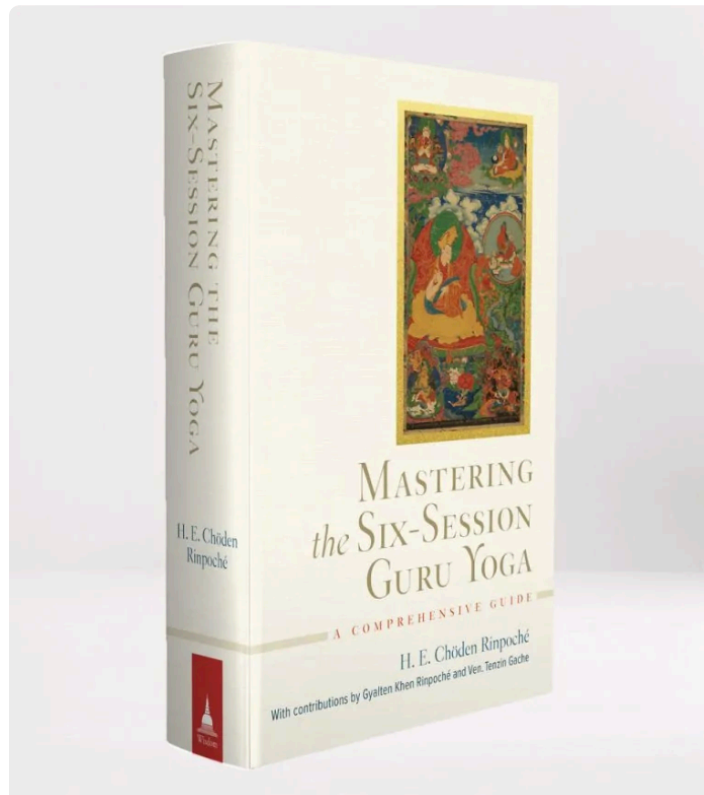
- **Retreat Hut 1:** 3rd - 21st October, dates in 2027
- **Retreat Hut 2:** dates in fall of 2027
- **Retreat Hut 3:** 20th September - 3rd October | 17th - 25th November | dates in 2027

“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: Mastering the Six-Session Guru Yoga - A Comprehensive Guide



This month, with our Kalachakra Six-Session Guru Yoga Nearing Retreat on the horizon in November, we recommend a truly essential resource for

anuttarayoga tantra practitioners: this illuminating commentary by the venerated H.E. Choden Rinpoche.

Six-session guru yoga is a succinct but comprehensive daily practice that supports practitioners in keeping the commitments of highest yoga tantra — the three sets of vows (individual liberation, bodhisattva, and tantra) and the pledges of the five buddha families. In fewer than thirty short verses, the root text encompasses the full breadth of these requirements.

The root text was originally composed by the fourth Panchen Lama, Panchen Losang Chokyi Gyaltsen, and later polished by the influential Geluk lama Phabongkha Dechen Nyingpo. Choden Rinpoche, a direct disciple of Phabongkha Rinpoche, offers an extensive commentary on his teacher's text, forming the heart of this book.

The volume is further enriched with excerpts from commentaries by Akhu Sherap Gyatso and Khenchen Namkha Tenkyong, an oral commentary by Khen Rinpoche Geshe Gyalten, detailed explanations of the vows, commentary on the eight-line praises, and metered translations to support recitation — making this a truly invaluable companion for anyone deepening their practice. 🙏

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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