

Being fully Present
after two years Absence



Nirodha Retreats always have a steady progress in retreat scheduling for yogis who have practiced for up to four years by when they would have completed seven to eight retreats, However due to the pandemic this ratio came to a sudden stop. Although there were weekly online classes with guided sessions, there was an absence of retreats for two full years. When Nirodha Retreats announced the 2022 Koslanda Retreat, it was like a breath of fresh air for the yogis.

Under normal circumstances Nirodha retreats are organised without the involvement of yogis, however in this instance for the first time the Samādhikusalā Foundation board member yogis organised the retreat.

Nirodha Retreats are always held in locations that are in nature with peaceful and serene surroundings. This retreat was held in the central midlands of Sri Lanka surrounded by waterfalls, on a higher elevation with a cooler climate. The selected venue was a boutique resort in Koslanda nestled in a valley that was surrounded by mountains with thick forests filled with wildlife including elephants and monkeys.

Upon entering the meditation hall one could appreciate the tranquility and breathtaking view of the mountain range situated on the far side. Through out the day, gentle sounds of water mixed with the wind provided a backdrop to birds singing from treetops.

The retreat started with an introductory talk by our teacher Bhikkhu Samadhikusalo and as all the yogis have been practicing for six or more years, they all directly went into meditation. Starting the following day, each morning started with a sunrise sit* in the fresh chilly air followed by a yoga session and breakfast.

The yogis appreciated the open meditation hall complemented with sits outdoors. Accommodations were comfortable and several rooms had a direct view of the mountainside. Authentic Sri Lankan food was served each day.

At the end of the retreat one of the main questions on yogis’ minds was when there can be another retreat. After a wholesome experience, yogis were reluctant to see the conclusion of the retreat.

*The concept of sunrise sit originated with Nirodha retreats in 1992 and has continued as a distinctive feature until today.



Open Meditation Hall



Teacher Bhikkhu Samādhikusalā with participating yogis



Yogis entering meditation hall

On the last day of the retreat after the guided sit our teacher Bhikkhu Samadhikusala stayed on and wrote the following poem before leaving his seat. Here, he captures the feeling and atmosphere of the environment that a yogi goes through while sitting in the morning. The poem does not talk about the aspect of meditation but focuses only on the environment. Although this is a descriptive poem rather than a poem of teaching there are things that you can learn and understand.





The last sunrise!

When crickets chirp and night-bugs pray,
Hornet's hum swirl the distant strand,
On a starlit night, I make my way
To a moon-deck of a dreamy land.

Wrapped-up cosy till the night's end,
Winds swoosh chills before me loud.
To a freed soul; silent whispers send,
Single I sit amidst a silent crowd.

One more pause, to breath once more,
For dawn to break and heavens to meet.
As daylight unfurls her shimmery show,
The birds chirp merrily in their daily tweet.

Thoughts be unhindered, my deeds be free.
Speechless words and for thoughtless share,
Worthy to remain while to let things be!
A new day dawns with new hope for care.

Samādhikusalā Bhikkhu
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