

Dragon Bell Temple Residential Retreats 2026

20-24th May & 5-9th December

Eden Rise Retreat Venue, Harbeton, Totnes



Dragon Bell Temple practices within the Soto Zen Buddhist school. This retreat will follow a sesshin (intensive meditation retreat) schedule, typical of those offered by the Order of Buddhist Contemplatives (OBC), to which Dragon Bell belongs. The majority of our time will be spent centred on seated meditation (*zazen* or *shikantaza*).

Newcomers to Dragon Bell Temple are Welcome

If this would be your first time on a retreat with us, please read:

These retreats won't be of an introductory nature, you will at least need to have had basic guidance and hopefully some practice of '*just sitting practice*', (aka, *zazen* / *shikantaza*). Ideally, you will also have had some residential retreat experience (preferably with a Soto zen sangha), though this isn't a requirement, there always has to be a first time.

Please get in touch with Willard, details below, if you have any questions about attending your first retreat.

The days will follow a schedule of meditation periods, ceremonial services, working meditation, meals and breaks.

We will be preparing, cooking and cleaning up after our meals, this will be our working meditation. Duties will be shared between us.

The schedule will include breaks and rest periods.

To help maintain a reflective focus, the retreat will be held in silence.

It will only be possible to join for the whole of a retreat.

You must be aged 18 or over to attend.

Further details will be sent to you after booking.

Rev. Willard Lee will lead these retreats and offer teaching.

The deadline for booking is two weeks before the start dates.

The May/June retreat will be limited to 13 people, the December retreat, 11 people.

Once you've asked to book, you will be told that your booking is confirmed, or that you are on the waiting list. If it will be your first retreat with us, a booking form and questionnaire will be sent to you by email, this will contain details about the retreat and venue and some questions to reply to.

If you need to cancel your place, please let Willard know as soon as possible.

The charity, Dragon Bell Temple (reg. Charity number 1142973) is covering the costs of running these retreats, (paying for the hire of Eden Rise and buying in the food). There will be an alms bowl at the retreat if you wish to make a donation to help cover the costs of your stay and to support Dragon Bell and its future.

To book

Contact Willard by phone or email:

Mob no. 07342 200 782

Landline: 01392 305751

Email: dbtemple@pm.me

Any questions, please contact Willard.