

Bringing the Beauty of Spirit into Form:

A Creative Mindfulness Retreat with Alexa Singer-Telles
and the Many Rivers Ol Sangha.



September 13-16, 2018 (Registration will open in May)

Trout Lake Abbey & Retreat Center

Trout Lake, Washington

This creative retreat will have times for silence and deep practice as well as joyful times for creative expression including moving, writing, soulcollage®, and ritual. We will study and embody the attributes of the bodhisattvas as we cultivate our moment to moment presence.



Alexa Singer-Telles, LMFT, is a dedicated practitioner of mindful meditation and the creative process. She co-founded the River Oak Sangha in 1991, she was ordained into the core community of the Order of Interbeing in 2004 and received Lamp Transmission from Thich Nhat Hanh to become a dharma teacher in 2014. Her love of soul making through the creative process has been expressed in leading groups using ritual, movement, art, and writing. She is a registered facilitator of SoulCollage® and has taught dance and movement for experiencing full embodiment for 40 years. Her intention is to bring the beauty of spirit into form mindfully!