

Mindfulness Retreat:
In the Arms of Mother Earth
Sept. 28 - Oct 1, 2017
Ghost Ranch, NM

This retreat is part of the ***Awakening Together: Healing the Ancestral Heart Tour*** in the US this fall by Monastics in the Plum Village Tradition. We invite you to join us for this special opportunity to practice together in stunning northern New Mexico. The retreat will be facilitated and led by Monastic Dharma Teachers and Members of the Earth Holder Sangha, all students of Venerable Thich Nhat Hanh.



Registration will open May 8th.

For questions specific to registration, please contact Jan Lustig: janlustig84@gmail.com

Dates and Times: The retreat begins with dinner on Thursday September 28th and ends with lunch on Sunday October 1st 2017.

During this retreat, we will nourish and explore our connection with ourselves, the Earth and each other in daily sitting, walking and eating meditation. We will also receive teachings to look into the suffering and transformation of suffering in ourselves, our families as well as the world. Teachings and practice will also relate to our relationship and response to catastrophic climate change. We will come back to the present moment in order to find the strength and courage not to close our eyes before suffering.

We will bring our practice of mindfulness into the arms of the Earth as we nurture our understanding of interbeing, which helps cultivate compassion for people, animals, plants and minerals. In sharing groups and workshops, we will learn from each other's experience in transforming difficulties and strengthening our joy and peace, as well as learning how to live more sustainably, and how to maintain skillful activism while remaining stable.

For more info, contact Marylou Butler: maryloubutler44@gmail.com

Location: We will enjoy the embrace of the colorful mesas and magnificent blue skies of northern New Mexico at Ghost Ranch Retreat and Education Center in Abiquiu, NM, on Georgia O'Keefe's land.

We encourage People of Color, Transgender People, Young Practitioners (age 35 and younger), as well as other diversities to join us and are offering special scholarships for these individuals.

Sponsored by New Mexico Community of Mindful Living