

# The Dharma of Chronic Illness



## **Half-Day Retreat with Jean Esther**

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**Sunday June 1  
10am-1pm ET  
via Zoom**

Suggested donation: \$20-45 registration  
+ teacher donation. (we encourage you to  
consider giving teacher dana equal to or  
greater than what you gave for registration)\*

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### ***Open to anyone living with chronic illness/pain and/or disability***

For anyone who is dealing with chronic pain -- be it mental, physical, or any disabling condition -- life can be extremely challenging, particularly within the dominant culture. This can often cause one to feel isolated, alone, and discouraged. Let's practice together, listen to the Buddha's reflections on the universal reality of illness, and share in conversation and community how dharma practice can support us in working with the realities of these vicissitudes.

*Please note: There will be opportunities to be off screen and lie down as needed. Looking forward to practicing with all who are interested in attending. Beginning and experienced practitioners are welcome.*

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\*Everyone is welcome at all of our offerings, regardless of ability to donate.

