

# **Finding Inner Balance Amid Outer Chaos:** **Patience and Mindfulness as Path to Equanimity.**



## **Half-Day Retreat with Dawn Scott**

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**Sunday May 11**  
**10am-1pm ET**  
**In person/hybrid at IWM**

**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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In this half-day of practice -- through dharma reflections, contemplative inquiry, and sitting and walking practice with the support of mindfulness -- we'll cultivate the parami of patience, a training ground for the maturation of equanimity. This practice is open to people of all levels of experience.

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



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