

# **The Dharma of Healthy Attachment: Discovering an Infinitely Secure Base**



## **Half-Day Retreat with Jessica Morey**

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**Sunday September 21**

**10:30am-3pm 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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**Spend a half day gently acquainting yourself with the meeting point of Buddhist wisdom and contemporary Attachment Theory. Through guided meditation, visualizations, and reflective inquiry, we'll introduce practices that point toward the unshakeable, unconditional loving presence available in each of us.**

**This retreat offers a taste of the concepts and methods you can continue exploring in daily life and future programs. By the end, you'll leave with:**

- **A foundational understanding of how Buddhist and Attachment Theory frameworks complement one another.**
- **Several straightforward practices you can try on your own.**
- **Greater confidence that this inner steadiness and warmth are trainable qualities, even in challenging times.**

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



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