



Grounding Antiracist Practice in the Dhamma

Half-day Retreat with **Lore Detenber**,
Bernadine Mellis, Jen Cannon

Saturday, March 25; 9:30am-12:00pm ET
Zoom with possible hybrid option TBD

Suggested donation: \$15-30 registration + facilitator donation
(we encourage you to consider giving facilitator dana equal to or greater than what you gave for registration)*

Description: This is a half-day retreat for people who identify as white and want to bring Dhamma qualities of mindfulness and compassion to the process of learning about racism, white supremacy culture, and identity. We will offer guided practices, time for discussion, and materials on the topic of racism and Dharma for contemplation. Our work together will be held in a space of care and openness.

*Everyone is welcome at all of our offerings, regardless of ability to donate.
For more information, please visit our website:

www.insightwma.org/offerings.

Insight Meditation Community of Western Massachusetts
(formerly known as InsightPV)

