

Down to Earth Dharma: **Healing Our Relationship with Ourselves and the Earth**

IWM Weekend Retreat at Wonderwell Mountain Refuge
with Rebecca Bradshaw and Zeenat Potia
Thursday June 19 - Sunday June 22, 2025



With support and inspiration from the beauty of nature surrounding us, we will explore the Buddha Dharma from the paradigm of receptivity, allowing ourselves to be touched by life and recognizing our deep belonging in this world. By practicing dropping out of our usual mind-oriented relationship with the world and down into the body, we will establish a relationship of heartfelt intimacy and respect – both with our own experience and in connection with the natural world around us. **This silent meditation retreat will include sitting and walking meditation, outdoor practice, qi gong, chanting, talks, and inquiry sessions.** Please plan to attend the full weekend, leaving your cellphones and other electronic devices behind or turned off.

Rolling registration now open!
Scholarship funds are available.



Insight Meditation
Community
OF WESTERN MASSACHUSETTS