

How to Breathe with a Tree: Contemplative Forest Walk



with artist Gina Siepel
and Bernadine Mellis

Sunday April 27, 9:30-12pm ET
In person at MacLeish Field Station

**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)*

We will do a walking meditation to the forested site of Gina Siepel's ongoing exploration, "To Understand a Tree," a multi-disciplinary project that focuses on the dignity of a living tree, its network of eco-systemic relationships, and the ubiquity of the material of wood in design and daily life. Gina will introduce us to the tree that has been the focus of her inquiry for the past several years, and **we will engage in a site-based meditation, in order to explore and deepen our awareness of the forest and our relationship with trees.**

"To Understand a Tree" has been developed by Siepel as an artist-in-residence at the MacLeish Field Station, sponsored by the Arts Afield program, an initiative of the Center for the Environment, Ecological Design, and Sustainability at Smith College.

This offering involves a two-mile walk through uneven terrain, at a moderate pace. Please bring a mat to sit on. There is limited parking at the site; we encourage carpooling. There will be bathroom access at the beginning and end of the event.

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

Insight Meditation Community of Western Massachusetts
insightwma.org/offerings
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