

How to Come Home



with [Cara Lai](#)
Saturday, March 2, 2024
9:00-4:00pm ET
in-person/hybrid at IWM

suggested donation: \$35-\$65
registration + teacher donationn

Slowing down and luxuriating in the simple things in life sounds good on paper, but in practice can actually be surprisingly difficult. When we try, we find we've spent most of time leaning forward, living our whole lives for an imagined future. This day-long retreat will help us make the space to slow down, but also to explore and understand why it can feel so challenging to slow down, and what we might have to feel if we do. Ultimately, each and every one of us can discover our capacity to rest back into the here-and-now experience of enlightenment, and to discover the sacred within the ordinariness of the present moment.

Cara Lai has spent most of her life in pursuit of meaning and happiness, which landed her on a cushion for much of her adult life. Throughout many mind-body adventures including many long-term retreats, she has explored the concentrated mind, chronic illness, the value of pleasure, the power of maternal energy, and connection to the earth. In the past, Cara has worked as an artist, wilderness guide, social worker and psychotherapist. Now she finds herself intently focused on the dharma path, practicing both on and off the cushion in unconventional ways, and using intuition as her guide. She tries her best to teach from the most authentic and vulnerable place she can muster, and is still learning about the contentment of simply existing.



Insight Meditation
Community
OF WESTERN MASSACHUSETTS

Read more and register on our website:
www.insightwma.org/offerings.html
*Everyone is welcome at all of our offerings, regardless of ability to donate.