

Monday May 25 - Saturday May 30, 2026
Rocky Mountain Ecodharma Retreat Center - Ward, CO

Healing the Whole: Embodying Interconnectedness

w/ Rochelle Calvert, Jean Leonard, and Cornelia Santschi



Rediscover wholeness of being through land-based mindfulness and psychological trauma-informed healing practices. We will explore ways to balance our inner/outer nature, feminine/masculine sense of being, inner shadows/light, traumas/life force energy and individual/collective patterns to find our way to greater flourishing. By reconnecting to nature and deepening our embodiment of interconnectedness to all of life our capacity to serve the well-being of our relationships, communities, and the Earth will be enhanced. The retreat will include: silent and community-based practices, nature meditations, reflective journaling, nervous system regulation exercises, and scenic hikes. All are welcome.

Register at: <https://rmerc.org>