

Tuesday September 19 - Saturday September 23, 2023
at Rocky Mountain EcoDharma Retreat Center | Ward, CO

A Women's Retreat:

Gratitude, Grief & Grace in the Face of Global Suffering

***"The heart that
breaks open can
contain the whole
universe."***

~ Joanna Macy



Within the beauty of this mountain refuge and the teachings of the Dharma, we will co-create a safe and nourishing community of women in which to deepen our connection with ourselves, the Earth, and the more-than-human world. We will take an embodied pause to drink in the majesty of the natural world of which we are a part. In both meditation and ritual space, we will open and lean in to the losses and suffering of this moment in order to discover boundless space and compassion to hold it all. We will emphasize equality, acceptance, and belonging as we learn from and support one another. Drawing from our innate wisdom and imagination, we will shape new stories of resilience, finding our unique contribution to the great paradigm shift toward a world in balance.

This primarily silent retreat offers you periods of sitting and walking meditation outside; nourishing ourselves in Nature; gentle mindful movement; sharing and ritual; writing and reflection; and Dharma talks and support from the facilitators. This retreat welcomes all who self identify as women and is appropriate for both those relatively new to practice, as well as more seasoned practitioners who wish to deepen and strengthen their connection to the Dharma in nature.

More info/to register: <https://rmerc.org/retreats/> or contact Sarah Heffron at sarah@openspace-counseling.com



Sarah Heffron, LCSW is a licensed clinical therapist who has been sharing insight meditation since 1999. Through her practice she finds grace amidst the grit of parenting, work and activism. She is a Buddhist Eco-Chaplain and feels called to support the great transformation from the current paradigm of social and ecological injustice to a paradigm that respects and nourishes all beings.



Jean Leonard, Ph.D., RYT is a licensed psychologist and meditation teacher in private practice in Louisville, CO. She is a dedicated practitioner in the Theravada Buddhist tradition and has a passion for women's community building in the Dharma. She is trained as a Buddhist Eco-Chaplain, offering emotional and spiritual support to individuals and communities impacted by the environmental and ecological crises of our times.