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Everyday Bardos: Navigating Transition, Uncertainty, and Loss

A daylong retreat with Trisha Stotler
Saturday, May 16th from 9:30am – 4:00pm

REGISTRATION

Bardo is defined as the state of being in which the "known thing" has ended, and another has not yet begun. Often referring to the states between death and rebirth, we actually find ourselves in lesser bardo states every day. From times like we're in now that bring universal upheaval, to more personal illness or loss that plunges us straight into the unknown.

In addition to being scary, these periods of groundlessness can set the stage for profound personal and spiritual growth. In this daylong retreat, we'll engage with some of the classical Buddhist teachings on working with the difficulty of being in transition -- emotionally, mentally and physically.

ZOOM?? All Day?!

Fear not! **This will not be like one of your endless work meetings!** We've learned how to offer the daylong retreat format online, with plenty of interactive elements and movement. We'll practice together with a combination of guided and silent sitting meditation, walking meditation, short talks, and structured reflective writing. Participants will spend a good amount of the retreat in silence, interspersed with optional opportunities for sharing.

Newcomers are warmly welcomed. We aspire to create a safe, supportive community, and welcome everyone with an interest in meditation, regardless of identity, orientation or background.

REGISTRATION

Please share this with anyone you think might benefit from a day of practice, community and tools for navigating this unprecedented Bardo of COVID-19 quarantine.

Wishing you patience, peace and perseverance. And good health! 🙏