

Finding Refuge in our True Nature: Dharma, Wisdom, and Compassion

RESIDENTIAL RETREAT | October 17 - 22

Open to all self-identified LGBTQIA+

Taking refuge in the inherent goodness of our true nature, we deepen in awareness, lovingkindness, and wisdom. We explore what refuge can truly mean for us, both individually and in our collective circles. As wisdom and compassion grow and weave together, they lead toward a rich and fruitful harvest, naturally opening and nurturing our hearts and minds.

Making room for spacious inquiry, we'll practice traditional meditation instructions, combining the *brahmavihāra* practices with Dharma talks, seated and walking meditations, and group practice discussions with the teachers. This retreat supports all levels of practice and inclusivity for our LGBTQIA+, GNC, and non-binary communities.

This retreat is silent except for teacher-led Q&A, small groups, or other practice meetings.



Noliwe Alexander



John Martin



Louije Kim



Victoria Cary



Kimber
Simpkins-Nuccio



Mario Castillo

Learn more and apply at calendar.spiritrock.org

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