



MEDITATION AND POETRY

A meditation retreat with
personal exploration through
writing

**Friday, April 27th to
Sunday, April 29th**
in a beautiful and rustic
lodge and cabins near La
Sal, Utah

~ Our Teachers ~



Susie Harrington teaches internationally and in the Southwest near her home in Moab, Utah. Her roots are in the Insight tradition, where she continues to train with Jack Kornfield, Joseph Goldstein and others.

Her teaching is deeply grounded in the body and often emphasizes the expression of mindfulness in speech and daily life. Susie brings the skills of inquiry, relational dharma, and the psychological/spiritual interface from her training in Hakomi Therapy and the Diamond Approach. Believing nature to be a profound teacher, and a gateway to freedom, she often offers retreats outside.



Rosemerry Wahtola Trommer served as the Western Slope Poet Laureate. Her poetry has appeared in *O Magazine*, in back alleys, on *A Prairie Home Companion* and in her children's lunch boxes. Her most recent collection is *Even Now*.

She's won the Fischer Prize, *Rattle's* Ekphrastic Challenge, the Dwell Press Solstice Prize, the Writer's Studio Literary Contest, was a finalist for the Colorado Book Award, and has been nominated three times for a Pushcart Prize. She is known for her inclusive, intimate, warm teaching style. Favorite one-word mantra: *Adjust*.

We live in a culture that wants to know—we chart, graph, test, and outline. We codify and classify and name. But what do we really know? What is all this messiness and mystery that breeds underneath our longing for orderliness and certainty? What would happen if we could really rest in uncertainty? How deep might that relaxation go? How much more open might our lives be if we made friends with letting go?

We'll read poems that don't bring answers and poems that lead us deeper into paradox. We'll sit in the midst of the not-knowing, sit with our joys, our challenges, the what is here of each moment. We'll write our own explorations of what if and what else and see what even a small bit of wonder might do. If you're willing to risk a little, meditation and writing can open doors where before you didn't even realize a door existed. Spiritual doors. Healing doors. Doors where there used to be walls.

No previous writing experience required. No previous meditation experience required. This poetry and meditation weekend is for anyone who is curious about weaving spiritual awakening and the creative poetic impulse.

For more information and to register please visit
www.desertdharma.org.

Cost (includes room and board):
Sliding Scale \$170-220 plus donation to the teachers.
Scholarships and partial work trade available.