

Tuesday September 17 - Sunday September 22, 2024
at Rocky Mountain EcoDharma Retreat Center | Ward, CO

A Women's Retreat:

Cultivating the Courageous Heart

“Courage starts with showing up and letting ourselves be seen. Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance. Vulnerability sounds like truth and feels like courage.”

~ Brené Brown



Daily we are faced with our growing vulnerability and the challenges of being alive in this complex world, as well as possibilities for transformation, personally and collectively. More than ever, we are seeing our common humanity and how interdependent we are with each other and the more than human world. This is an opportunity to meet the moment, ourselves, and one another with care, clarity and compassion.

Courage is described as “the ability to do something that frightens one” and “strength in the face of pain or grief.” Cultivating the *Brahma Viharas* – the heart qualities of kindness, compassion, appreciative joy and equanimity – develops the inner resources and resilience needed to consciously engage with suffering.

Finding deep refuge in the beauty and wisdom of the land and the teachings, we will rest and replenish, tend our nervous systems, and cultivate the courageous heart through silent meditation, nature-based practices, sharing and ritual. We welcome all who self-identify as women and both seasoned practitioners as well as those relatively new to practice.

More info: <https://rmerc.org/retreats/> or sarah@openspace-counseling.com or jeanleonardphd@gmail.com



Sarah Heffron, LCSW is a Buddhist Eco-Chaplain, lover of our planet, meditator of 30 years, and licensed clinical therapist in Moab, UT. She is dedicated to deepening our capacity for awakening into our fullest potential amidst the immense suffering of this time. Mothering, gardening, hiking, silence, learning from indigenous wisdom and the more than human world sustain and nourish her purpose.



Jean Leonard, Ph.D., RYT is a licensed psychologist, Buddhist ecochaplain, and dharma teacher in private practice in Louisville, CO with a passion for cultivating resilience, engaged practice and women's community. Her lifelong connection to the Earth - through gardening, farming, backpacking, and cloud gazing - inspires her to help steward individual and collective transformation in service of the well-being of all beings.