

Monday July 7 - Saturday July 12, 2025
at Rocky Mountain EcoDharma Retreat Center | Ward, CO

A Women's Retreat:

Coming Home to Refuge, Reverence & Wise Response

"Warriors for the human spirit-- that's us-- are awake human beings who've chosen not to flee. They abide."

~ Margaret Wheatley



In these times of rapid change and immense suffering, it is easy to lose our center and to find ourselves in fight, flight, freeze, or faint. This retreat is a coming home to what sustains us and offers us refuge. We will replenish ourselves through rest, silent practice in nature, and deep reverence for the Earth and being alive. The cultivation of our hearts and minds gives rise to a resilience that steadies and clarifies, illuminating wise response and a capacity to care. In this retreat, as we face the unknown together, we are invited into a vaster purpose and perspective, where the sacred fuels our action and our actions deepen connection to the sacred.

This retreat will include silent sitting and walking meditation, nature-based practices, nervous system regulation, sharing and ritual. We welcome all who self-identify as women and both seasoned practitioners as well as those 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.