

Day Long BIPOC Online Retreat With Bonnie Duran & Carol Cano

December 2, 2023
9:00am – 4:00pm (Pacific Time)



Andreasmithgallery.com

Many Indigenous, Black and other people of color have experienced intergenerational and present-day trauma from the effects of settler colonialism. The stress of living within the dominant culture can threaten our physical and psychological well-being.

The teachers have experienced this trauma and have found healing and wholeness through the Buddhist practice of Mindfulness infused with Lovingkindness (Metta) meditation. Metta and Mindfulness practices support our connection to ourselves, our ancestors, and to life itself.

The day will begin with instruction and end with talks and some discussion about the teachings. This retreat is offered for Indigenous, Black and other peoples of color from North and South America, and worldwide.

Please feel free to pass this invitation on to BIPOC meditators you know who might be interested in this opportunity. We would be so honored if you would join us and an online community of other practitioners for this retreat.

Sliding scale non-refundable registration fee: \$20-\$45

No one will be turned away due to lack of funds.

Registration necessary. No fee for Monastics.

***If you would like to pay online, please contact Kathy at
hermitage@mountainhermitage.org***



Bonnie Duran met the Dharma in 1982 when she sat a month at Kopan Monastery in Nepal and learned Vipassana in Bodh Gaya India. Since then, she has taken teachings from many western teachers including Marcia Rose, Joseph Goldstein, and Jack Kornfield, as well as Thai, Burmese, and Tibetan Monastic teachers. Bonnie is a graduate of the Insight Meditation Society (IMS)/Spirit Rock Meditation Center (SRMC) retreat teacher-training program. She is now a core-teacher of the SRMC [Dedicated Practitioners Program](#) and is on the SRMC Guiding Teachers Council. Please learn more on our website www.mountainhermitage.org



Carol Cano, M.A., began her practice over 30 years ago at Wat Kow Tahm in Thailand and has actively engaged in building communities and teaching Dharma internationally. Carol is Founder and Executive Director of Braided Wisdom, a BIPOC led cross-cultural mindfulness organization. She is a graduate of the 2017-2020 Spirit Rock Meditation Center's Teacher Training program and a teacher at Spirit Rock often. She is a core teacher and a former board member of East Bay Meditation Center. Please learn more at www.carolcano.com .

Download Information, Practice Guidelines, and Registration Forms at:

www.mountainhermitage.org

Contact for more information: hermitage@mountainhermitage.org 575-758-0633