



Mindfulness

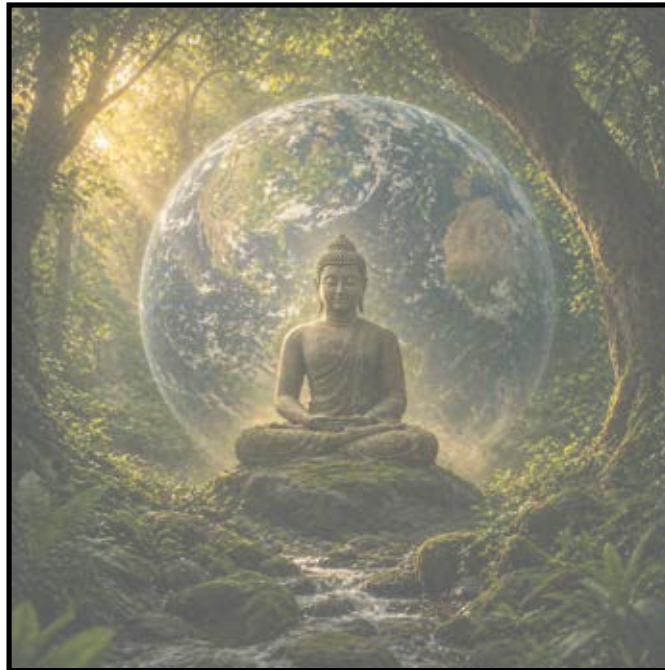
COMMUNITY OF MILWAUKEE

Listening to the Dharma of the Earth

Solid as the Mountain, Free as the White Cloud

August 28-30, 2026

We are pleased to feature Jean Hammink as our special presenter who will instruct us on the work of Joanna Macy as well as lead us through a variety of practices. The retreat offers an opportunity to reconnect with our true nature and the living Earth. We will listen deeply to strengthen our capacity to respond to the needs of our planet.



In the Plum Village Tradition the participants will often be outdoors as they explore interbeing, ecological awareness, and compassionate action through:

- *Sitting and walking meditation*
- *Dharma discussion*
- *Movement and experiential practices*
- *Forest bathing*
- *Art, music, and guided visualizations*



W8303 Mann Road,
Willard, WI 54493

Prices start at \$289. Scholarships available.

Please contact the Christine Center to
make your reservations at 715-267-7507
or welcome@christinecenter.org

