

David Berry

Mindfulness Amidst Chaos

Life is our greatest teacher. The universe dances around us and within us and we sense a tiny fraction of what is happening and what we are. Traditional teachings offer precious parables about what is real. They also offer tools to reduce suffering, find peace and increase awareness and capacities to transmit.

Challenges in our lives are increasing—personal, environmental, economic, war and health. A calm, aware foundation supports our happiness and ability to contribute to the well-being of those we love, our communities and beyond.

This retreat will address the questions:

How do we thrive, transcend and transmit solutions in difficult times? How do we attain harmony within us and among us?



Cost: \$685.00 USD room and meals

double occupancy Plus Dana for teaching.

Includes a boat trip through the nature reserve & snorkeling

March 9-15, 2020

Xo Ki'in Retreat Center Sian Ka'an Biosphere Mexico

