



# The Grand Embrace: A blossoming of the heart

A meditation retreat with personal exploration through writing  
**Friday, September 20 to  
Sunday, September 22**  
in a beautiful and rustic  
lodge and cabins near  
La Sal, Utah

## OUR TEACHERS

We live in a culture that wants to know—we chart, graph, test, and outline. We codify and classify and name. But what do we really know? What is all this messiness and mystery that breeds underneath our longing for orderliness and certainty? What would happen if we could really rest in uncertainty? How deep might that relaxation go? How much more open might our lives be if we made friends with letting go?

We'll read poems that don't bring answers and poems that lead us deeper into paradox. We'll sit in the midst of the not-knowing, sit with our joys, our challenges, the what is here of each moment.

We'll write our own explorations of what if and what else and see what even a small bit of wonder might do. If you're willing to risk a little, meditation and writing can open doors where before you didn't even realize a door existed. Spiritual doors. Healing doors. Doors where there used to be walls.

No previous writing experience required. No previous meditation experience required. This poetry and meditation weekend is for anyone who is curious about weaving spiritual awakening and the creative poetic impulse.



**Susie Harrington** has been teaching since 2005, serving the Four Corners region and beyond. Her teaching is deeply grounded in the body and often emphasizes the expression of mindfulness in speech and daily life. With roots in the Insight Tradition,

and daily life. With roots in the Insight Tradition, Susie also brings the skills of inquiry, relational dharma, and the psychological/ spiritual interface from her training in Hakomi Therapy and the Diamond Approach. Believing nature to be a profound teacher, she often offers retreats outside.



**Rosemerry Wahtola Trommer** served as Colorado's Western Slope Poet Laureate. Her poetry has appeared in *O Magazine*, on *A Prairie Home Companion*, and in back alleys. Her most recent collection is *Naked for Tea*, a finalist for the Able Muse Poetry Award.

She is known for her inclusive, intimate, warm teaching style. Favorite one-word mantra: *Adjust*.

For more information and to register please visit

**[www.deserthharma.org](http://www.deserthharma.org)**

**Cost (includes room and board):**

Sliding Scale \$170-220 plus donation to the teachers.