

- 20 -- Steward Arrival
- 26 -- Opening Day

- 2-9 -- Centering Prayer: Forming Future Keepers of the Tradition
- 13-16 -- Healing with Nature
- 20-23 -- Teen Mindfulness
- 26-30 -- Sufi Sesshin

- 3-8 -- Church of Conscious Harmony
- 14-21 -- Making Life Our Retreat: Tools to Practice & Grow Spiritually in Daily Life

- 1-4 -- Annual Gathering
- 15-18 -- Ecstatic Grief: A Community **Grief Ritual Retreat**
- 22-25 -- Mountain Song: Prayers to Meet the Moment

SUPTIONBUR

• 15 -- Closing Day



LAMA FOUNDATION

SUMMER PROGRAMS & MORE











lamafoundation.org







Vireed some time for personal practice. reflection, and venewall Lama offers two unique and beautiful spaces for private solo retreats

Schedule a day or overnight visit and join us for our regular community activities. The visitor's fee is \$25-50 (sliding scale) per day, which includes meals and a campsite.

Come up for one of our practice evenings. Thursday Zikr & Friday Shabbat. Dinner is served at 6pm and the program begins at 7:30pm.



Interested in a deeper

dive into community living? Apply for our Summer Stewardship Program and experience what it's like to live, serve, play, learn and grow in an intentional community setting for a month or the whole summer.

REMEMBE

The purpose of the Lama Foundation is to be a sustainable spiritual community and educational center dedicated to the awakening of consciousness. Aprintual practice with respect for all traditions. service and stewardship of the land

Dorath

We can't do it without you! Support our mission: 里族

