



# Reverence for All Life

—a mindfulness retreat with Rae Houseman

What does it mean to have reverence for all of life? What parts of life, or parts of ourselves, do we feel don't deserve reverence? It's natural to encounter difficulties within ourselves and in our lives as we explore a spiritual path and move toward awakening. Can we learn to open to these aspects of our experience more? Let's explore this together!

## WHEN

Saturday February 24th

9am - 5pm

## WHERE

UU Church, Concord, NH

274 Pleasant St

Rae Houseman has practiced extensively in both the Insight Meditation tradition and the Vajrayana tradition, and has found these two styles of practice to be complementary in the development of a deeply intuitive and embodied practice. Rae is a graduate of the Spirit Rock Community Dharma Leadership program and Anam Thubten Rinpoche's Dharma Leadership Program. Rae holds a Masters degree in Somatic Psychology and is a certified Somatic Experiencing Practitioner.

Offered by: Concord Insight Meditation Sangha  
and the UU Contemplative Practices Group

ALL  
EXPERIENCE  
LEVELS  
WELCOME!

PARTICIPATE  
IN PERSON  
or ONLINE

REGISTRATION  
\$25

[Reverence for All of Life:  
Mindfulness Retreat Reg-  
istration Form](#)  
([breezechms.com](http://breezechms.com))

scholarships available

## CONTACT

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Additional information  
will be emailed after  
your registration is  
received.

The retreat will be held  
primarily in silence  
with opportunities for  
questions & reflections  
in small groups.