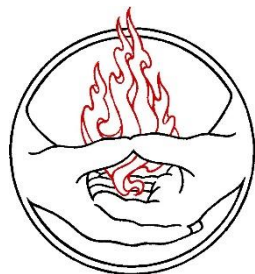


Day-Long Retreat: Blossoming from Within

Sponsored by:
Insight Meditation Community of
Fredericksburg
www.meditatefred.com



Dhammadīpā, the founder of [Dassanāya Buddhist Community](#), has been practicing Buddhism since 1987. She is a Dharma Transmitted Teacher in the Suzuki Roshi lineage of Soto Zen and was previously ordained in the Theravāda tradition for 5 years. In addition to English, Dhammadīpā teaches in Spanish, an expression of her Latin heritage. She is an author whose work has appeared in the Buddhist publications "Lion's Roar" and the "Buddhadharma" magazine. She is the mother of a lovely adult daughter and enjoys sewing and watercolor painting.



Blossoming from Within: How to Find Joy and Clarity in Meditation and in Life

A Day-Long Silent Retreat with Dhammadīpā

May 17, 2025

Meditation can feel like eating your vegetables - the thing that you know is good for you but that you sometimes resist or put off until later because it seems hard. Yet meditation can become something that you are eager to do, not something that you have to do. It can become a reliable source of joy and ease, no matter what else is happening in your day or in the world. In this day of sitting and walking meditation, you will have the opportunity to try a form of meditation that uses joy to help you open your mind to a more spacious and clear experience.

This day-long retreat will include periods of guided and silent meditation, a dharma talk, lunch shared in silence, and time for discussion and questions. It is suitable for those new to meditation practice, as well as experienced meditators.

When: Saturday May 17th 9:00 am – 3:30 pm

Where: Unitarian Universalist Fellowship of Fredericksburg
25 Chalice Circle
Fredericksburg, VA 22405

Cost: The suggested donation for this event is \$35 to \$55. However, no one will be refused participation due to lack of funds.

Registration: If you plan to attend, please register online [here](#). We want to be able to notify you if needed.

On the Day of Retreat: Please come a little early, so we can begin on time. Bring a bag lunch and whatever sitting materials you need. If needed, there will be chairs for your use. Tea, water, and light snacks will be provided.