

From: [Roxanne B & Sandy N](#)
To: [Roxanne B & Sandy N](#)
Bcc:
Subject: April Retreat Registration Now Open
Date: Monday, February 27, 2023 8:24:44 PM
Attachments: [Retreat Description.pdf](#)
[Waiver of Liability .pdf](#)

~ REGISTRATION ~

Lama Willa Blythe Baker's April Charlottesville Retreat

“Rewilding the Heart”

April 28 – 30, 2023

Sponsored by the Jefferson Tibetan Society, Charlottesville, VA

(If you experience difficulty opening any of the links below, simply copy and paste them into your browser)

From the Buddha to the Dzogchen yogis of Tibet, ancient masters have long relied on the power of the natural world to nurture peace and awaken insight. Following their example, we too can learn to commune with and receive teachings from the natural world. Join Lama Willa as we explore the power of trees, streams, ponds, open skies, leaves, birds, animals, and winding paths to open us to the meaning of meditation.

Rewilding the Heart is inner work that helps us attune to the wisdom and love that are always flowing around and through us, the non-conceptual voices of the natural world that seek to draw us home to our deepest being, our core of authentic compassion, kindness, and availability to extend ourselves to each other and the wider world.

Through rekindling our innate interconnectedness with the natural world, we simultaneously discover the spacious, luminous, and awake qualities of our own being. Within this web of interconnectedness, we discover that liberation from suffering and the freedom to realize our aspirations are not about transcending the human condition, but about finding the inherent freedom within it.

(See attached document for complete retreat description)

Lama Willa Blythe Baker, Ph.D. is the Founder of [Natural Dharma Fellowship](#) in Boston, MA and its retreat center Wonderwell Mountain Refuge in Springfield, NH. She was authorized as a Dharma teacher and lineage holder in the Kagyu lineage of Tibetan Buddhism after twelve years of monastic training and two consecutive three-year retreats. She also trained in the Nyingma and Shangpa lineages. In 2013, Willa completed a doctorate at Harvard University, and was Visiting Lecturer in Buddhist Ministry from 2013 to 2017. She is the author of four books, including *The Wakeful Body: Somatic Mindfulness as a Path to Freedom* (2021). Her teaching interests include the wisdom of the body, eco-dharma, non-dual awareness and compassion.

Please see her complete biography & other events at:
<https://naturaldharma.org/profiles/lama-willa-baker/>

RETREAT LOCATION:

Bridge Between the Worlds

2395 Paddock Wood Rd, Keswick, VA 22947 (15 miles East of Charlottesville VA)

<https://bridgebetweentheworlds.com/>

COVID POLICY: This retreat will follow NDF’s COVID policies as per Lama Willa’s request.

For more information visit: <https://naturaldharma.org/covid/>

- Proof of vaccination at check-in
- Negative COVID test 24 hours or less before registration
- Masks required in the food serving area only
- Please bring 1-2 rapid COVID tests in case of need

LIABILITY FORM: Registering for this retreat includes your willingness to sign the liability form (see page 5 of this document) at retreat check-in on Friday afternoon, April 28.

MEALS: Lunch and dinners will be catered by Botanical Fare, a Charlottesville restaurant featuring local plant-based foods. <https://www.botanicalfare.com>.

- Residential registration price includes all meals & snacks from Friday dinner through Sunday lunch
- Commuter registration price includes snacks, Friday dinner, and lunches on Saturday and Sunday. Optional Saturday dinner for an additional \$20.

~In April, a dietary needs and allergies survey will be sent to all registrants~

DATE AND TIME DETAILS: April 28 – 30, 2023

<u>Friday</u>	Check In	4:30 - 5:45 pm
	Dinner	6:00 - 7:00 pm
	Evening Session	7:15 - 9:00 pm
<u>Saturday</u>	Teachings & Practice	9:00 am – 5:00 pm
<u>Sunday</u>	Teachings & Practice	9:00 am – 4:00 pm

**See specific schedules for commuters and residential participants on the registration pages.*

REGISTRATION FEES:

***Due to the limited size of this retreat & fee commitments involved to sponsor it, we appreciate receiving your registration & fees as soon as possible for planning purposes.**

Commuter:

Program Fee \$245 *Includes snacks, Friday dinner, and lunches on Saturday and Sunday*

Optional Saturday dinner for an additional \$20

Suggested Benefactor Option \$300 (to support scholarships)

Residential:

Program Fee \$285 *Includes all meals & snacks from Friday dinner through Sunday lunch*

PLUS accommodation costs (*rooms, couches, tent camping available*)

~See residential registration page for costs~

Suggested Benefactor Option \$340 (to support scholarships)

~Limited scholarship opportunities are available~

For more information, please contact: lamawilla.cville@gmail.com

TO REGISTER, CLICK ON THE APPROPRIATE LINK BELOW:

The link takes you to SignUpGenius – Click "Sign Up" –

At the Bottom of the Page Click "Save and Continue" which takes you to the registration page.

COMMUTER: <https://www.signupgenius.com/go/10C094BAAA82EA3F8C61-lama>

RESIDENTIAL: <https://www.signupgenius.com/go/10C094BAAA82EA3F8C61-lama1>

REFUND POLICY:

Room accommodation fees are nonrefundable, unless a waiting-list person subsequently reserves the room

- Cancellations before March 31st: \$75 cancellation fee
- Cancellations between April 1st – April 20th: \$150 cancellation fee
- Cancellations after April 21st: No refunds
- Cancellations because of illness or a COVID positive test or exposure after April 21st: Full refund of registration fees including day of the retreat

FAQs:

NOBLE SILENCE: This retreat will observe Noble Silence to enhance our weekend practices of silence, contemplation, and meditation. Noble Silence is a practice in which participants refrain from talking in order to reduce distractions and deepen their practice. This can be a bit strange for those who are new to it, but it is a time-tested and effective method for connecting with our deeper selves, below the level of conceptual thought.

COMMUNICATION: You are strongly encouraged to unplug from email, computer, and cell phone activities while on retreat. We do understand that there are some cases when contact with the outside world may be necessary. If you need to check email or make a phone call, please do so away from other participants, so that care is taken not to disturb others.

SMOKING: Bridge Between the Worlds is a smoke-free facility. No smoking is permitted in the building or anywhere on the premises.

ALCOHOL & OTHER DRUGS: Bridge Between the Worlds is also an alcohol-and-drug-free facility. None are allowed unless proof of prescription is shown at check-in.

DRESS: Dress at this retreat is relaxed and informal. Participants should wear comfortable clothing and shoes, as well as seasonally appropriate items for warmth or comfort. Layers of clothing are best, as temperatures tend to fluctuate in the spring.

PETS: **We cannot accommodate pets, however there is one cat on premises. Please note in the comment section of your registration if you have an allergy to cats.**

FRAGRANCE: While we strive to provide a fragrance-free environment on this retreat, some products that are used in cleaning may have subtle scents. If you are extremely sensitive to fragrances, please include this information in the comments section of your registration form. We ask that you please refrain from using perfumes/colognes while attending this retreat.

~ Feel Free to Share this Registration with Others ~

Waiver of Liability Agreement

Agreed to as part of Registration and to be signed by each retreat participant at check-in

ASSUMPTION OF RISK, RELEASE, COVENANT NOT TO SUE, AND AGREEMENT TO HOLD HARMLESS: The undersigned hereby assumes any risk of an injury during their stay at BBTW. The undersigned hereby releases, waives, and discharges Margaretta McIlvaine and BBTW from any and all liability from any loss, damage, or claims of damages resulting on account of injury to persons or property. The undersigned will hold harmless Margaretta McIlvaine and BBTW (including, but not limited to Margaretta McIlvaine and BBTW) from any loss, liability, damage, expense or cost, negligence or otherwise, and whether claimed by or through the undersigned or others, including costs and attorney's fees incurred or suffered by reason of any claims, demands, actions, or suits which may be filed or claimed against Margaretta McIlvaine and BBTW (including, but not limited to Margaretta McIlvaine and BBTW). The undersigned covenants not to sue Margaretta McIlvaine and BBTW (including, but not limited to Margaretta McIlvaine and BBTW), and will not individually, or for others, or on behalf of minors, bring or prosecute, or in any way aid in the institution or prosecution of any claim or suit against Margaretta McIlvaine (including, but not limited to Margaretta McIlvaine and BBTW).

I also understand the voluntary nature of my participation in the work, programs, and activities offered through this April 2023 retreat with Lama Willa Blythe Baker and in return for the benefits I receive from them, I release and discharge all retreat teachers, organizers, BBW, and Jefferson Tibetan Society from all causes of action, liability and claims for all personal injuries, illness, property damage or death which I may now or hereafter experience, which are caused by, or are directly or indirectly related to, any work I may perform or any activities in which I engage during my participation in this April 2023 retreat or my stay at BBTW. For the period of this retreat, I agree that I am covered for my medical insurance and these areas are my sole responsibility. I agree to accept full responsibility for the security of my personal belongings and agree that BBT, the retreat organizers and Jefferson Tibetan Society are not responsible for lost, missing, or stolen items.

In case of emergency, 911 will be called and you will be transported to the hospital of your choice, as listed on your registration form along with your emergency contact information, unless your condition requires your transport to a specific hospital facility.

Signature

Date

Printed Name