



Triratna Pacific Northwest Regional Retreat
Thursday 9 – April to Sunday 12 - April
The Dharma Ocean of Protection and Abundance
An exploration of the central Buddhist practice of going for refuge in several dimensions

Embodying Safety: Recognizing overwhelm and cultivating stability
Opening the Abundant Heart: Expanding compassion and practicing altruism.
Resting in Oceanic Nature: Connecting with our deepest nature



[Register here](#)

3 nights, US\$360 - 405 - 460

2 nights, US\$240 - 295 - 350

**Financial support is available:
Contact your local sangha for
financial assistance**

Balajit (he/him) is based in Birmingham, UK. Balajit balances Buddhist teaching with work as a trauma therapist. He places special emphasis on body awareness and embodiment—both in meditation and daily life—so that insight becomes a lived experience, transforming body, speech, and mind.



Viveka (she/they) was ordained into the Triratna Buddhist Order in 1997 and is based at the San Francisco Buddhist Center. They are a trained somatic coach which enriches their dharma teaching. Viveka has worked 30 years for racial and social justice as an integral expression of her dharma practice.

Venue: <https://www.campsamish.org/>