



# BIPOC MEDITATION RETREAT

BIPOC: Black, Indigenous, People of Color

## With Dalila Bothwell

Sunday April 14, 2024

10:00 am - 2:00 pm

Tucson Community Meditation Center, 1147 N. Howard Blvd.

Sliding Scale: \$20-40. No one turned away for inability to pay. Please bring a lunch.

Register at: [www.tucsonmeditation.org/retreats](http://www.tucsonmeditation.org/retreats). Drop-ins and beginners welcome.

Contact: [celinadramirez@gmail.com](mailto:celinadramirez@gmail.com)

Dalila Bothwell's (she/her) Dharma-meditation practice lives at the intersection of love for community, land, wholeness, and 12-step recovery. The granddaughter of Claudia and Gussie Pearl, she finds refuge and hope in the liberation teachings of revolutionary lovers - from the Buddha to bell hooks. During her nearly decade-long tenure as a director for New York Insight Meditation Center, she learned the priceless value of sangha. Dalila is a graduate of the Spirit Rock Community Dharma Leaders Program, formally educated in nutritional science and food studies and has served with the Buddhist Peace Fellowship, and Insight Meditation Society.

