

Finding the Refuge Within  
A Silent Meditation Retreat with Willa Blythe Baker  
Hawi, Big island of Hawai'i  
February 26, 2027 - March 4, 2027

When the world trembles, how do we find sanctuary? Silent meditation retreat offers a rare opportunity to slow down, settle and reconnect with your true self, the refuge within. Encircled with the stunning beauty of Hawaii's North Kohala coast, this retreat offers a spacious schedule of meditation, yoga, teachings and periods of integration, under the guidance of meditation teacher Willa Blythe Baker.



Hawaii Island Retreat ([www.hawaiiislandretreat.com](http://www.hawaiiislandretreat.com)) on the North Kohala coast of the Big Island offers elegant hotel suites, yurts and delicious vegetarian meals. Trails on 50 acres lead to wild groves, ancient valleys, windswept cliffs and ocean coves.

The retreat teacher and retreat staff donate their time freely. There will be an opportunity to offer dana at the end of retreat.

Willa Blythe Baker is the founder and spiritual director of Natural Dharma Fellowship and its retreat center Wonderwell Mountain Refuge in Springfield, NH. She was authorized as a lineage holder (lama) of Tibetan Buddhism (Kagyü and Nyingma Lineages) after twelve years of monastic training and two consecutive three-year retreats. Willa is the author of several books including *The Wakeful Body: Somatic Mindfulness as a Path to Freedom* (Shambhala Publications, 2021).



Early registration is appreciated.

For more information and cost for residential, non-residential and on-line attendance, contact [islandharma@gmail.com](mailto:islandharma@gmail.com).