BESS Family FOUNDATION

AHAM EDUCATION
Art of Happiness and Mindfulness
Academy of the Heart and Mind

SCEN
Southeast Climate & Energy Network

INNER DEVELOPMENT GOALS

b.Nature
An Intergenerational Eco-Awareness Retreat

5-day Silent Retreat Immersed in Nature (with optional 1-day and 3-day experience)

Avila Center for Community Leadership
711 Mason Road, Durham, NC 27712

December 4-9, 2026



Facilitated by Nature, guided by Mindfulness teachers Knellee and Piero

Offered in partnership with the Southeast Climate and Energy Network thanks to the generous support of the BESS Family Foundation

REGISTER BY NOVEMBER 1, 2026
FEW SCHOLARSHIPS AVAILABLE

REGISTER: SCAN QR CODE OR GO TO
https://tinyurl.com/bnatureretreat

Contact: info@ahameducation.org
www.ahameducation.org/bnature