

in honor of  
Lauren Ditchley

design by  
Ania Spyra

...

Indy  
Community  
Yoga

2022

in

HAIKU

Ideas dancing  
What's really in  
front of me?  
Taste, touch, sound,  
smell, see.

• • • • •

The book's wide open  
But it never seems  
to end  
So again it stops

We will meet again  
As we will all be back  
here

This I know for  
sure

smiles to share later  
Quiet now, sit still, walk slow  
Connect in silence

Inexorably  
The wind blows  
through the treetops  
Winter is coming.

Hey do you haiku?  
I do; you too? Yeah, we do  
Wasn't! Let's haiku

AWW

DRAFT FIVE-SEVEN-FIVE  
SYLLABLES IN THREE STRAIGHT  
LINES  
WASTED POST-IT NOTES

...

# SPRING RETREAT 2022

Spring! there it is! Louder!  
Everybody over here  
Everybody over there  
Spring is back shake ya  
derriere ~~~~~ →  
Spring shaka-laka ~~~~~  
shaka-laka shaka  
spring!

Are the candles free?

I would like to pay  
some one.

They smell amazing.

Hiding in my bag  
wrapped in  
my old jacket:  
Mary's tangerines!

tony's chai, i want  
more

chocolate cake, i  
want more

what will satisfy?

Sun on bananas

feeds my monkey mind.

The leaves

fall, yellow, on the grass.

Fog hangs in the air

The sun and moon

share the sky



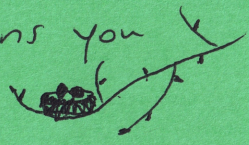
The sangha  
arrives.

Many Muddy  
Roads.

a breath and my  
eager boots

Adventure begins

mnt

What's the gossip? what's  
the news?   
Time to get busy   
Spring beckons you  
forth 

I was here, I think

A haiku or two ago.

~~Water not walnuts,~~  
Walnuts not water,  
EK

Bubbly sensations  
Is this what my joy  
feels like?

I think that it is

Warm breath of the sun  
Bathing me its golden light  
comfort beyond name

Brown Blue Yellow  
green  
Trembling Bending  
shimmering  
Colors of today

My soft vision shows  
Autumn changing all  
around  
Focus here, not there.

-EB-

spring breeze still  
chills

haiku thoughts are  
collected  
then blown away

Old friends, yesterday  
we cried laughing.  
Silent now  
I can't stop laughing.

Spring, like fall brings  
me.

To the Fort, ready to  
sit.

Am I though? Ready?

EB

I worship you, oh,  
god(dess) of Spring

who brings life where  
appeared there was

none



all I ever wanted  
to be seen heard  
love

Now what to want?

Your mark here  
can be seen, felt,  
shaking

What is left but joy



I am queer

There is no  
"easing in"

all deep end here.

Birds be talkin shit  
But I am just butterflies  
in a cardboard box

The Spice Girls were  
here

Tell me what you  
want

what you really  
really want...

winter turns to  
spring.

The sun warms,  
we raise our arms.

We turned a corner.

Sprent! Troll hair,  
don't care.

Mud snail, its spring  
have you heard?

Hello sun! Lets go!

Shelter Cherry Tree  
Tis reserved for loitering  
Come and sit with me

AW

On this equinox,  
three green suns  
dance on blue screens  
of my closed eyelids.

no ease, no comfort  
does enlightenment  
exist?  
not getting closer

My mom left early  
what did I come here  
to get?  
It still eludes me

Liberation is  
Apersonal commitment  
to self reflection.

-EB-

I am like my mom  
in the way that I  
worry  
We can change our minds

Leaves fall from the  
sky

Like thoughts fall  
into our minds

Entranced by them  
both

Dried up vine  
Why do you  
hang on still?  
To grow, let go

Nothing is nicer  
than sitting in  
the sun with  
a tree at your  
back.

rotational flow  
stop! 11:33  
breathe reach fold  
rise breathe

Haze

awake from a haze

I often wonder what's  
Next

Blossoms or Snow

MMT

Look up in wonder  
Breathe it in, drink  
it in, gulp

Exhale delight  
and wonder

wind blows and swirls

trees sway and roar,  
then let go

we land together

As mind clears away

Cobwebs and old  
habits

Leaves fall to the  
ground

one thousand timeless  
moments — shade, sunlight,  
sun, shade —

memory: wind blows.

tree is gone

Suddenly fallen away

Glancing at emptiness

The harvest moon  
comes

There is no life  
without death

Snake swallows  
its tail

A growth from  
decay

The slumbering  
autumn comes

From her corpse  
brings life

Periwinkle Sky  
peeks through brown lace  
forest cloth  
Spring green emerging

light as soap bubbles  
morning frost dissolves.  
the sun  
warms my wrinkled hands.

Post-its® Gluttering  
Words dancing in the  
spring breeze  
fly away, be free

The screams of freedom  
Or just blissful ignorance  
What's the difference?

Rough edges do  
remembering a time  
you were here with me

After life is odd.

You are supposed  
to be here.

Come back and visit

The Acker Still  
Remains  
The Sun Rises Again  
I Still long for  
you

You were here, last year.

Your death was nowhere.

Now we

live inside of it.

Are you here today?

You are! In the  
smiles of the people

They care, as you  
did. ♡ you

Our beloved's smile

back at us.

Wind scatters joss

paper in the woods.

I wish for everyone  
to experience Spring  
on the inside

Whoops, there is a shawl.  
Springing up for me to  
see,  
Sitting. Waiting. There.

EB

I stare at the woods.  
Pileated woodpecker  
guest stars on a branch!

The black  
centipede  
marches over the  
sweet crumb,  
"No distractions,  
please."

...

FALL  
RETREAT  
2022

Contemplation, and  
x x x x x  
earworms, and  
x x x  
itches, and wind  
x x x x  
We're at fall retreat!



Alto woodpecker  
Nature's mok-tok (?)  
keeping time  
For practice on earth.

adrienne.

Body at ease and  
Mind at ease  
How cool is that?

Do you hear it too?  
Drops rushing through  
the spring air?  
Crack! It hits the Bench.

EB

Like the sound kids make  
for Star Wars Laserfire -  
Cardinals singing

May your heart  
expand  
like soil swollen  
with water.

May your mind  
stay still.

Summer rain  
drops fall  
off leaves and  
on to my head  
chill air cools  
my skin

Seeing Eric wrap  
both arms around  
a post..... stick!

Post-it<sup>(R)</sup> friends appear

Many lines across.  
the page is filled with  
small lines.

they make up people

Is this the  
yellow?

The hue that lights  
up sunset

I bet it will  
do

- I love you -

It Flickers and lives  
dancing through the pure  
white floor

The smoke lingers  
still

Adio  
S.

<sup>Jellyfish</sup>  
The jellies a  
wait me.

Dancing in the  
Sea foam water.  
Let's not touch this  
Year. mmt

Cactus is pretty

However it is quite sharp  
It made me bleed much

Alone in a group  
All here for the same reason  
Form community

NW

How can a moment  
of such global  
importance  
pass by so  
quickly?

This is hard today  
~~But~~ tomorrow will  
be better  
I wish you  
where here

Those eyes and that  
smile.

Beloved friend. So kind.  
Here.

I love you so much.

open and closed  
the screen door creaks  
and breathes  
you with us

drum

You smart lovely kind,  
One I'd have loved to  
have known well  
Lauren you are missed

ms

Rain drops  
falling down  
Like my cleansing  
tears  
After rain comes sun

Lauren and  
Emma  
First Friday before  
the last  
I am so lucky

The clear blue sky  
tells me that  
everything's going to be  
alright

Loving everyone  
Creative and inspiring  
Thank you very much



...

SUMMER  
2022

Lauren passed away.

Leaving a big emptiness

Bringing us closer.

I didn't know you.

But you touched so  
many hearts.

We feel you here now ♥

Your eyes make me smile

Your smile makes me  
feel so loved

Love looks just like you!

JMp.

I miss you my child

I know you are somewhere close

My heart can feel you

Your spirit is  
always near

The Love still  
growing

You are a shining  
Starlight ✨❤

Centipede, spider,  
horsefly, all kinds —  
you saw me,  
stranger, as a friend.

You were here with us,  
truly

I could not feel sad  
even when I wanted to.

☺ 6-26-22 Retreat

adrienne

This celebration,  
Sad, and so inspiring.  
Lauren moved the World.

-EB-

Nothing I could make  
Nothing I could write  
or ~~a~~ rhyme  
could make me okay

Your loving smile lives

Breathes hope, kindness  
Compassion

Unconditional Love.

Hi friends I love you  
warmth emanates from my eyes  
and now shines in you.

Lauren  
Thank you for being  
uniquely you. ♡ Silora

Open and accepting  
love filled her soul  
gone in an instant

Saw the little things  
everything was important  
still forever here

...  
SUMMER  
RETREAT  
2022

Even young trees die,  
& stand long after leafless  
held by the forest.



You have an amazing  
heart

Loving and open to all

What a special soul



You are a great  
friend

I'll love you til the  
end

I think you'd like this



Love you!

Dear brilliant Lauren

You are son  
salvation

Shining bright on me

This isn't goodbye

You'll always be  
remembered

As hard as it is

Friend Where are you  
now?

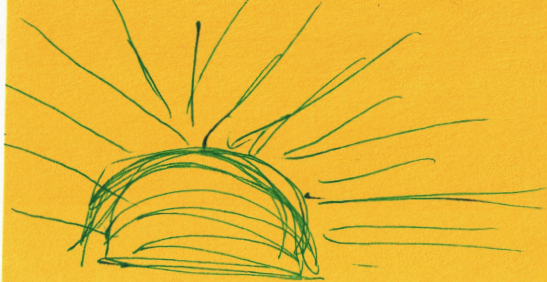
I miss our every day  
greetings

Goodbye sweet Lauren

Light, green &  
orange  
All the things you  
emitted,  
Hello & Goodbye

tears catch in my throat  
Your baby is my baby  
Mother's love endures

goy  
Bright sunlight wherever you go  
Beauty  
Warmth to all our souls



I don't love Haiku  
(My thoughts feel  
too limited)

But, simple  
is nice!

||  
boundless love  
I fall and fall and  
fall again

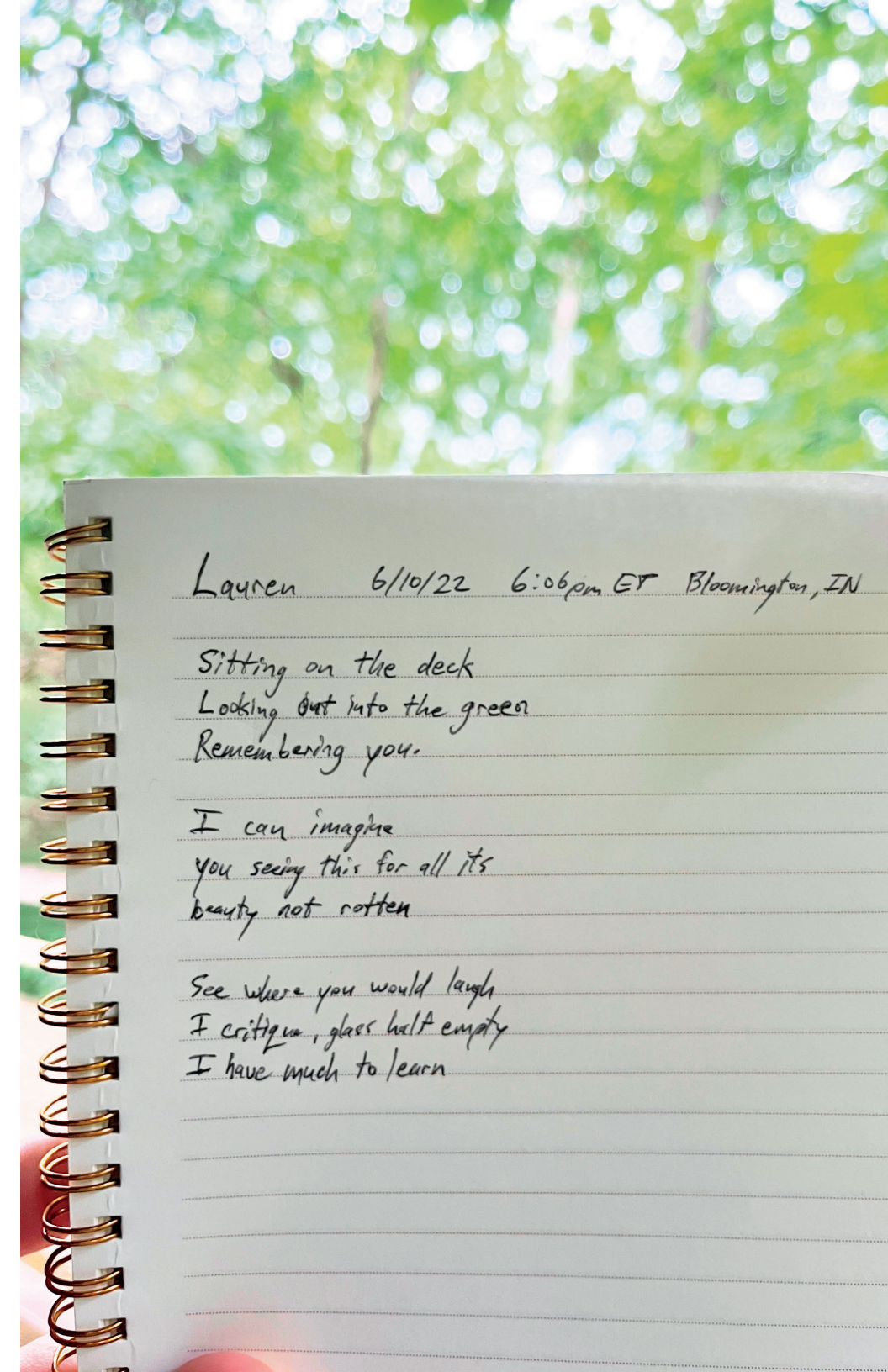
Lauren

I don't know what  
to say.

I hope you find  
liberty.

I will be thinking  
of your laughing. *slr*

A too-green June.  
Can't we stay in May? Wildflowers  
and years more birthdays.



Lauren 6/10/22 6:06pm ET Bloomington, IN

Sitting on the deck  
Looking out into the green  
Remembering you.

I can imagine  
you seeing this for all its  
beauty not rotten

See where you would laugh  
I critiqued, glass half empty  
I have much to learn

