

# Women's Meditative Carpentry Workshop

At Lama Foundation, Led by Shay Salomon

June 29 - July 10

Cost \$375

\*Limited to 4 participants



Join us as we use milled lumber to build an outhouse above a composting toilet. Learn to use various hand and electric tools, including hammers, saws, drills, planes, rasps, table saw, and compound miter saw. You will also have the opportunity to learn about the design of composting toilets and the Lama Foundation practice of mindfulness and carpentry. Most of the workshop will be held in silence. All skill levels are welcome. Limited to four participants. Led by Shay Salomon ([www.shaysalomon.com](http://www.shaysalomon.com)).



Cost of the workshop includes meals, camp site, and instruction. Indoor housing may be available by request. Taos locals can commute, but are encouraged to stay for a full experience.

**To register:**

**Email [register@lamafoundation.org](mailto:register@lamafoundation.org)  
or call 575-586-1269**