

# 2017-18 Residential Mindfulness Retreats

Save these dates!

*For All Activists*

**Sacred Justice:**

**Where Spirit and Action Meet**

**2017: Nov. 3<sup>rd</sup>, 5PM – Nov. 5<sup>th</sup>, 3PM**

[Sanctuary Retreat Center](#)

19520 Darnestown Road, Beallsville, MD 20839

*For People of Color*

**Healing Ourselves,  
Healing Our World**

**2018: Feb. 2<sup>nd</sup>, 5PM – Feb. 4<sup>th</sup>, 3PM**

[Sanctuary Retreat Center](#)

19520 Darnestown Road, Beallsville, MD 20839

**The work of social justice activists and community organizers is challenging and often leads to burnout. Through diverse means, we struggle to right the wrongs of unjust systems, and often forget to take care of ourselves. The path of mindfulness helps us cultivate clarity, understanding and compassion. We bring integrity, calm and peace as we strive for balance inside and outside of ourselves.**

**Overview:**

Our retreats are suitable for both beginning and experienced mindfulness practitioners. We will pause to stop running, to stop 'doing', to calm our minds and bodies and be at ease. Retreats are opportunities to leave the mental commentary, the past and the future, and begin to be present for the activity of the moment. Everyone can practice because everyone can breathe. We will focus on the relationship between body, breath and mind. Slowly, we will develop this awareness of the present moment, and begin living a more wakeful life.

**Activities:**

Daily format includes sitting and walking meditation, gentle movement and awareness exercises, mindful eating and Dharma talks. Free time for personal practice will also be available. We will observe noble silence each evening after dinner concluding after breakfast. These are residential retreats. Please plan to stay overnight instead of commuting.

**Cost:**

*Sliding scale:* \$250 - \$300. The fee includes all vegetarian meals and accommodations. Please give at the highest level you can afford so others can attend. Some scholarships are available – contact Marisela at [socialhealthconcepts@gmail.com](mailto:socialhealthconcepts@gmail.com).

**Travel:**

Carpooling facilitated. Email [bbmcspace@gmail.com](mailto:bbmcspace@gmail.com) to request or offer a ride share.

**Registration:**

<https://socialhealthconcepts.wufoo.com/forms/z19hrcog0nm44rm/>



## Retreat Facilitators

**Kaia Jewel Lingo** teaches Buddhist meditation, mindfulness, and compassion internationally, with a focus on activists, people of color, artists, educators, families, and youth. She began practicing mindfulness in 1997. An ordained nun of 15 years in Thich Nhat Hanh's Order of Interbeing, she is now a lay Dharma teacher based in Washington, D.C., leading retreats in the U.S. and internationally, and offering mindfulness programs for educators and youth. Visit [kairajewel.com](http://kairajewel.com) for more information.



**Marisela Gomez** is a mindfulness practitioner, author, public health scholar activist, and physician. Of Afro-Latina ancestry, she has spent more than 20 years in Baltimore involved in social justice activism and community building/health research and practice. She has co-organized retreats for People of Color at Blue Cliff Monastery in New York since 2007, a monastery in the tradition of Ven. Thich Nhat Hanh.

## Sponsors



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