

Baltimore and Beyond Mindfulness Community

Hosts

2018 – 2019 Mindfulness Retreats

Healing Ourselves, Healing Our World

Save the date:

Jan. 25-27, 2019: Retreat for People of Color

Overview: We come together in a safe and joyful environment to find fellowship, to stop, rest, look deeply, and listen to our bodies and minds — and to each other. *Mindfulness* is a practice that helps us to truly be awake to the wonders of life within us and around us. It also teaches us concrete ways to embrace and take care of our difficulties and suffering in order to open the path of healing and transformation: in ourselves and the injustices of our world. During these times of intense hatred, there is also intense change. How do we hold all this with understanding? Join us.

Activities: Join us in co-creating a beloved community as we learn how to take deep care of ourselves, each other, and our communities through mindfulness practices, including walking meditation, eating meditation (meals will be vegetarian/vegan), sitting meditation, loving speech, deep listening, touching the earth, deep relaxation, ceremonies and celebration, quietude and reflection. This retreat is open for both new and experienced mindfulness practitioners.

Please note that both Social Activists and the POC retreat will be residential. Begins Friday 5:30 pm; ends Sunday 4 pm.

Location: 210 W. Madison Street, Baltimore MD. **Cost:** \$175 - \$275; **Partial scholarships available**

Registration: [Registration form](https://goo.gl/jvg4qp). (<https://goo.gl/jvg4qp>) **Registration deadlines:** Jan. 18, 2019

Check for updates at baltimoremindfulnesscommunity.space; **for more information, contact:** rashid.hughes@gmail.com

Facilitators



Sister An Nghiem (Sister Peace) is a Buddhist nun who lives in Plum Village. She has dedicated her life to bringing the practice of mindfulness to people around the world —from educators and teenagers to artists and politicians. She is particularly interested in helping people understand the aspiration of Thich Nhat Hanh and Dr. Martin Luther King Jr. to build the “Beloved Community.” Before becoming a nun, she lived in Washington, D.C. and worked for the Executive Office of the Mayor.



Marisela Gomez is a mindfulness practitioner (ordained in the tradition of Thich Nhat Hanh’s Order of Interbeing), public health scholar activist, and physician. Of Afro-Latina ancestry, she lives in Baltimore involved in social justice activism and community building/research. Author of *Race, Class, Power and Organizing in East Baltimore*, and numerous book chapters in popular and scholarly publications. She blogs at Huff Post and <http://www.mariselabgomez.com/> on the intersection of wisdom justice and mindfulness. For a TedTalk on healing racism through waking up (<https://www.youtube.com/watch?v=kSZEspnhIXg>)

Co-sponsors

Thich Nhat Hanh Foundation

Social Health Concepts & Practices