

# SAVE THE DATES

**Thursday February 20 – Sunday February 23, 2020**

*Baltimore and Beyond Mindfulness Community*

*Hosts*

**2020 Mindfulness Retreat for People of Color**

## **Deep Healing for Ourselves, Our World**

**Overview:** This retreat is open to anyone who self-identifies as a Person of Color, whether new or more experienced in the practice of mindfulness and meditation. Join us in creating a safe space for people of color to practice and learn mindfulness in everyday life.

We will pause to stop running, to stop 'doing', to calm our minds and bodies and be at ease. A retreat is an opportunity to let go of our worry and anxiety about the past and the future, rest and begin to be present for what is happening in the present moment. Everyone can practice because everyone can breathe. We will focus on the relationship between body, breath and mind. Slowly, we will develop greater awareness of ourselves, and how we can bring peace and joy to ourselves, our relationships and our communities, by living a more wakeful life. Mindfulness helps us to take care of our difficulties and open to the path of deep healing and transformation.

**Location:** Residencies at First and Franklin Church, [210 W. Madison St, Baltimore, MD 21201](https://www.baltimorecity.gov/locations/first-and-franklin-church). This is a *3-night, 4-day residential retreat*. Facilities consist of dormitory-style lodgings. Registrants are expected to participate fully Thursday through Sunday. As this is a residential retreat, please plan to stay overnight instead of commuting.

**Registration Fee:** \$220 - \$320. Cost is sliding scale and includes all meals and lodging. Please give at the *highest* level you can afford so others can attend.

\*Due to limited space for this retreat, please plan to make a deposit of half of the retreat cost by **December 20, 2019**, and pay your remaining balance by **January 20, 2020**. Your first retreat payment will reserve your space for this retreat. If you do not submit your first payment by December 20, 2019, we may not be able to hold a space for you to participate.

**Activities:** Each day we will focus on cultivating compassion as well as resilience through mindfulness practices, including walking meditation, eating meditation, sitting meditation, loving speech, deep listening, touching the earth, deep relaxation, ceremonies and celebration, quietude, reflection and allowing ourselves to deeply rest. We will observe noble silence each evening after dinner concluding after breakfast. Vegan meals will be offered as part of the retreat.

**Registration link open now and closes on January 6, 2020.**

<https://socialhealthconcepts.wufoo.com/forms/bbmc-people-of-color-retreat->

*Co-sponsors*

*Thich Nhat Hanh Foundation, Social Health Concepts & Practices*