

Baltimore and Beyond Mindfulness Community

Hosts

Deeper Healing for Ourselves, Our World January 22-24, 2021

2021 Virtual Mindfulness Retreat for Black, Indigenous and People of Color (BIPOC)

Overview: This virtual retreat is open to anyone who self-identifies as Black, Indigenous, or a person of color, whether new or more experienced in the practice of mindfulness and meditation. We will come together in a safe and joyful virtual environment to find fellowship, to stop, rest, look deeply, and listen to our bodies and minds — and to each other. Mindfulness helps us 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.

Activities: Join us in co-creating a beloved community and safe space for BIPOC to practice and learn how to take deep care of ourselves, each other, and our communities through mindfulness practices, including walking meditation, sitting meditation, loving speech, deep listening, touching the earth, deep relaxation, quietude and reflection.

Schedule: Please note that this retreat will mainly be **VIRTUAL**. Saturday and Sunday will include a morning (9:30 AM -noon EST) and afternoon (2-4:30 PM EST) Zoom session. We will offer optional online practices on Friday and Saturday evenings, and a suggested schedule for offline mindful practices throughout the weekend. Click the link below for the full schedule.

<https://www.baltimoremindfulnesscommunity.space/2021-virtual-retreat-schedule-and-resources/>

Cost: \$100. Scholarship assistance is available to help with retreat cost. There is space to indicate your need for scholarship assistance on the registration page.

Registration: <https://socialhealthconcepts.wufoo.com/forms/bbmc-retreat-registration-january-2021/>

Registration deadline January 18, 2021.

Co-sponsors

Awakening through Race, Intersectionality, and Social Equity (ARISE), Social Health Concepts & Practices