

Sustaining the Path: Planting Seeds of Liberation

February 19-21, 2022

2022 Virtual Mindfulness Retreat for Black, Indigenous and
People of Color (BIPOC)

hosted by Baltimore and Beyond Mindfulness Community

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 connect and build community, 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 is VIRTUAL. For the full schedule, visit:
<https://www.baltimoremindfulnesscommunity.space/annual-residential-mindfulness-retreats/>

Registration: Please register by February 14th. Please plan to attend the retreat in its entirety to help us build a sacred container for our practice. We have a limited number of spots. Please help us reserve them for those who can attend the whole time. To register, visit:
<https://equityweb.net/bbmc-sustaining-the-path-retreat/>

Dana: Giving (dana) is one of the essential preliminary steps of Buddhist practice. We do this to support our teachers on their path to continue to offer teachings to us and share their wisdom. When practiced in itself, it is a basis of merit.

We recognize that not everyone can give money, but if you are in a position to give, please consider a donation. There will be opportunities to donate what you can when you register as well as during and after the retreat.

<https://www.baltimoremindfulnesscommunity.space/donate/>