

Baltimore and Beyond Mindfulness Community

Hosts

2020 Virtual Mindfulness Retreat for Social Activists

Deep Healing for Ourselves, Our World

Oct. 17-18, 2020

Overview: We 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 as we 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. This retreat is open for both new and experienced mindfulness practitioners.

Please note that this retreat will mainly be **VIRTUAL**. Each day will include a morning (9:30-noon EST) and afternoon (2-4:30 PM EST) Zoom session, an optional in-person socially distanced walking meditation in Baltimore for locals (5-6 pm EST), and a suggested schedule for offline mindful practice in between.

Cost: \$100. Scholarships up to 50% of the retreat cost are available while funds last. There is space to indicate your need for scholarship assistance on the registration page.

Registration: <https://socialhealthconcepts.wufoo.com/forms/sdgbojd1kpz8o9/>
Registration deadline October 12, 2020.

Note: As usual in our activist spaces, we will strive to maintain a balance of Black, Indigneous, & People of Color (BIPOC) and non-BIPOC. This is not an attempt to hurt, but an attempt to create space of ease for all.

For more information, contact bbmcspace@gmail.com

Co-sponsors:

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