

Cultivating Compassion & Resilience

Mindfulness Retreat for People of Color

Co-hosted by
Monastics of Blue Cliff Monastery
in the tradition of Peace Activist and Zen Master Thich Nhat Hanh
and
Baltimore and Beyond Mindfulness Community

Two retreat options are available, with sliding scale:
FIVE-DAY RETREAT: Wed-Sun, May 2-6 \$100-->\$130 or
WEEKEND RETREAT: Fri-Sun, May 4-6 \$50-->\$80

at

MICA Place, 814 N Collington Ave, Baltimore, MD 21205

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 come together as a beloved community to learn key practices that bring well-being into the lives of ourselves, our families, and our society. Mindfulness is a practice that helps us to be in touch with the wonders of life within and around us. Mindfulness helps us to take care of our difficulties and open to the path of healing and transformation.

During this retreat, we will focus on cultivating compassion as well as resilience by the mindfulness practices of walking/eating/sitting meditation, connecting with our ancestors, learning the skills of deep listening and loving speech, and allowing ourselves the chance to deeply rest.
Vegan meals will be offered as part of the retreat.

**For more detailed info about the retreat program, scholarships,
housing accommodations and ride-share,
or to register,**

please visit www.bluecliffmonastery.org