

# Welcome!

**We are looking forward to spending time together on Wednesday 15 November 2023 6-8pm SAST**

In *White Mindfulness: Race and Racism in the Wellbeing Industry*, Cathy-Mae Karelse outlines and critiques why the now trillion dollar industry is as problematic as it is in our global, contemporary imaginaries. Karelse explores the relationship between wellness and whiteness by naming how whiteness, with its harsh hyperindividualised borders, has come to and continues to shape our thinking around wellness, even serving as the quintessential marker of being whole and well.

What is this thing that shapes our ideas and aspirations which is being sold at such an unreachable price?

We, Cathy-Mae and Dee Marco welcome you into our conversation and practice which centralises thinking and living from a place of nourishment, kindness and collective care: outside of the hyper capitalist and colonial ways of behaving. The session intends to weave narrative, symbols and breath to explore questions of radical peace, radical joy, radical freedom, keeping in mind the deeply disruptive and destroying context of war, climate crises and violence. We are interested in exploring, with you, how we can radically transform violent constructs that impose structures and frameworks upon us.

We bring some of the following questions to the session:

Is wellbeing a destination? In our fast-changing, demanding world, what does being well mean and/ or look like? Is it in your body or somewhere else? Do we experience joy and ease in our bodies and when / where does this happen? Are there other words and definitions for being well that we could use instead? Do these give greater or more accurate expression to compassion and love? If we were to shine a light on our moments of peace, what might we see?

**Please join us in our play box... come as you are!** Together we are creating an intimate, virtual enclave of light in which we hope to chat, laugh, uncover and dismantle the confines of the conventional trappings and impositions of the wellness world. Please bring your paper and pens, your cushions and blankets as we together uncover the unexplored crannies of our longings for ease and tell stories of our communal joy-making.

**What are your dreams? Where do your imaginings take you?**



GENOCIDE  
ETHNIC CLEANSING  
WAR  
FAILURE

EXHAUSTION

PRAYER  
MARCH  
CONNECTED

PLAY  
BREATH(E)  
TENDERNESS  
LONGING  
HOPE  
STOP  
HARM

SPACIOUSNESS  
TRIGGERED  
PAUSE

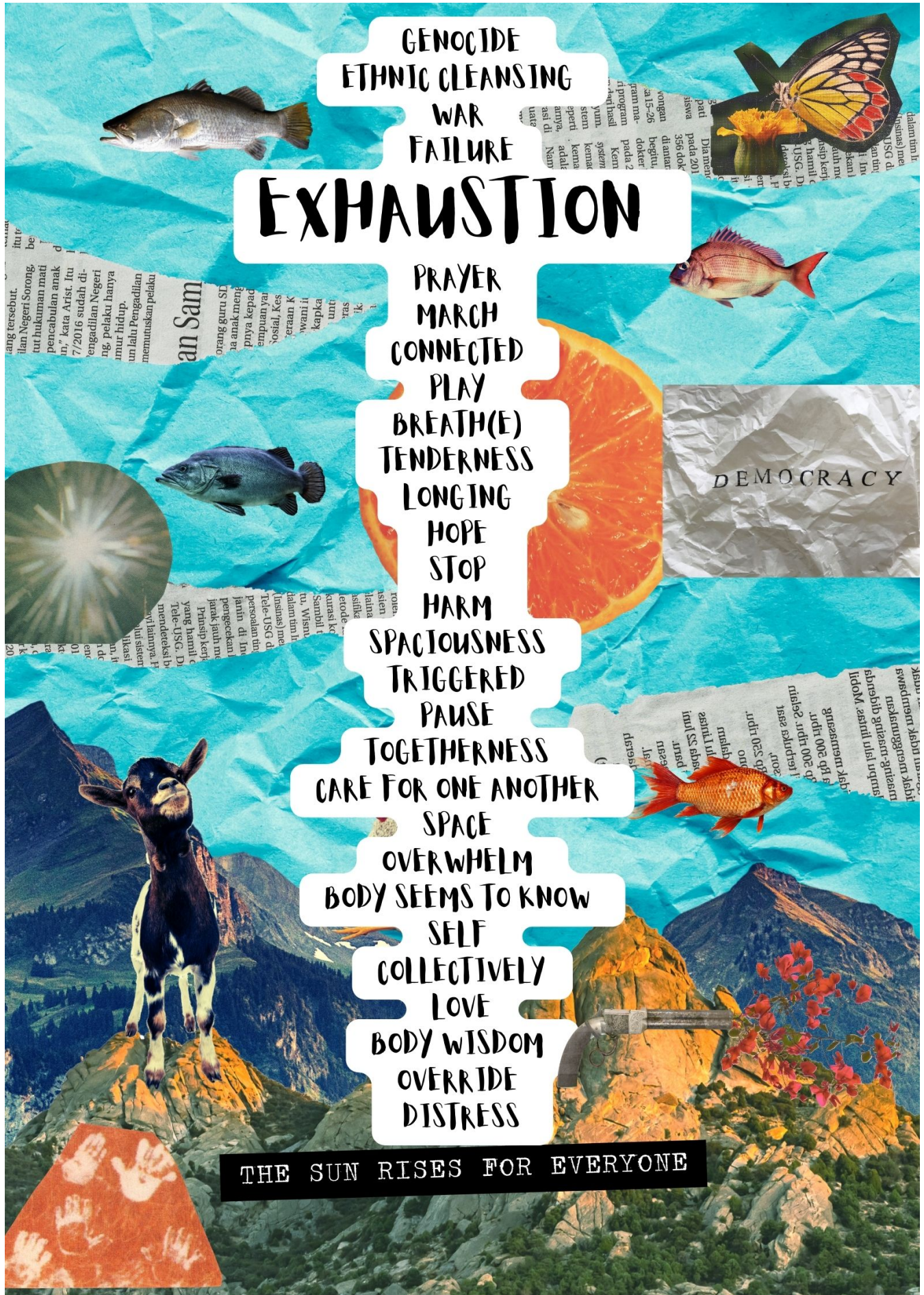
TOGETHERNESS  
CARE FOR ONE ANOTHER  
SPACE

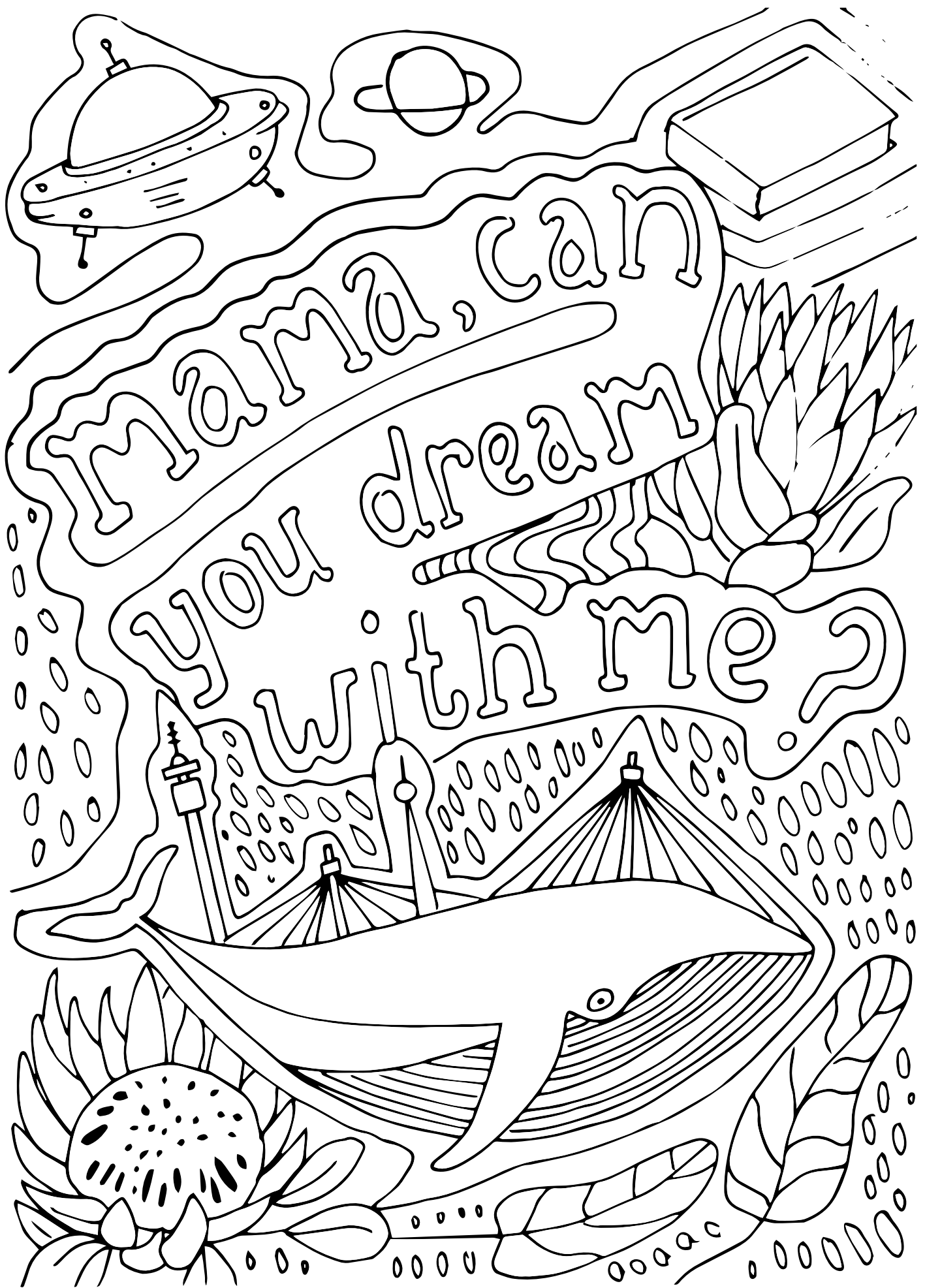
OVERWHELM  
BODY SEEMS TO KNOW  
SELF

COLLECTIVELY  
LOVE

BODY WISDOM  
OVERRIDE  
DISTRESS

THE SUN RISES FOR EVERYONE



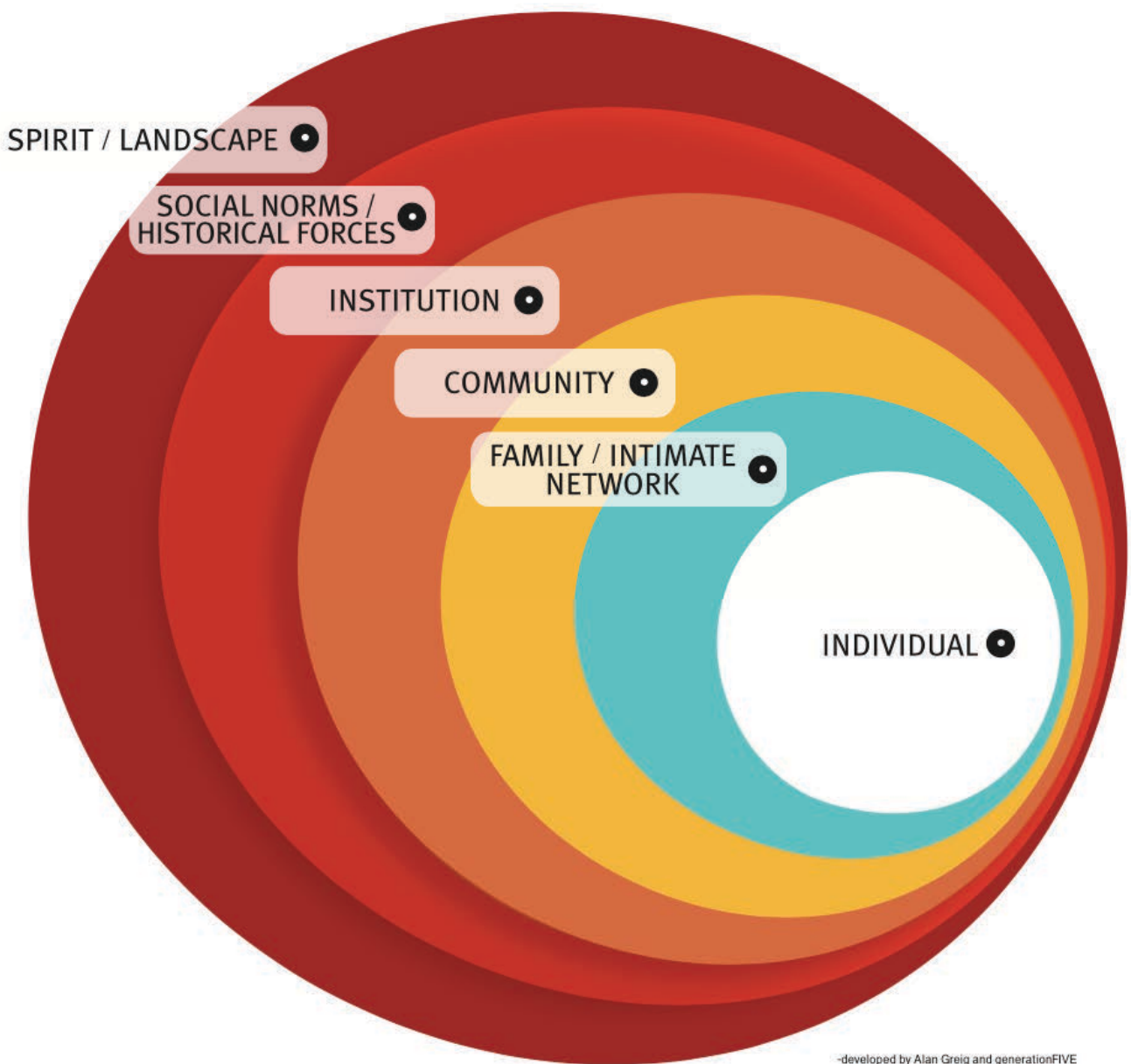


A book inspired by dreamscapes of mine and yours across all our lifetimes



# Sites of Shaping

## Sites of Change





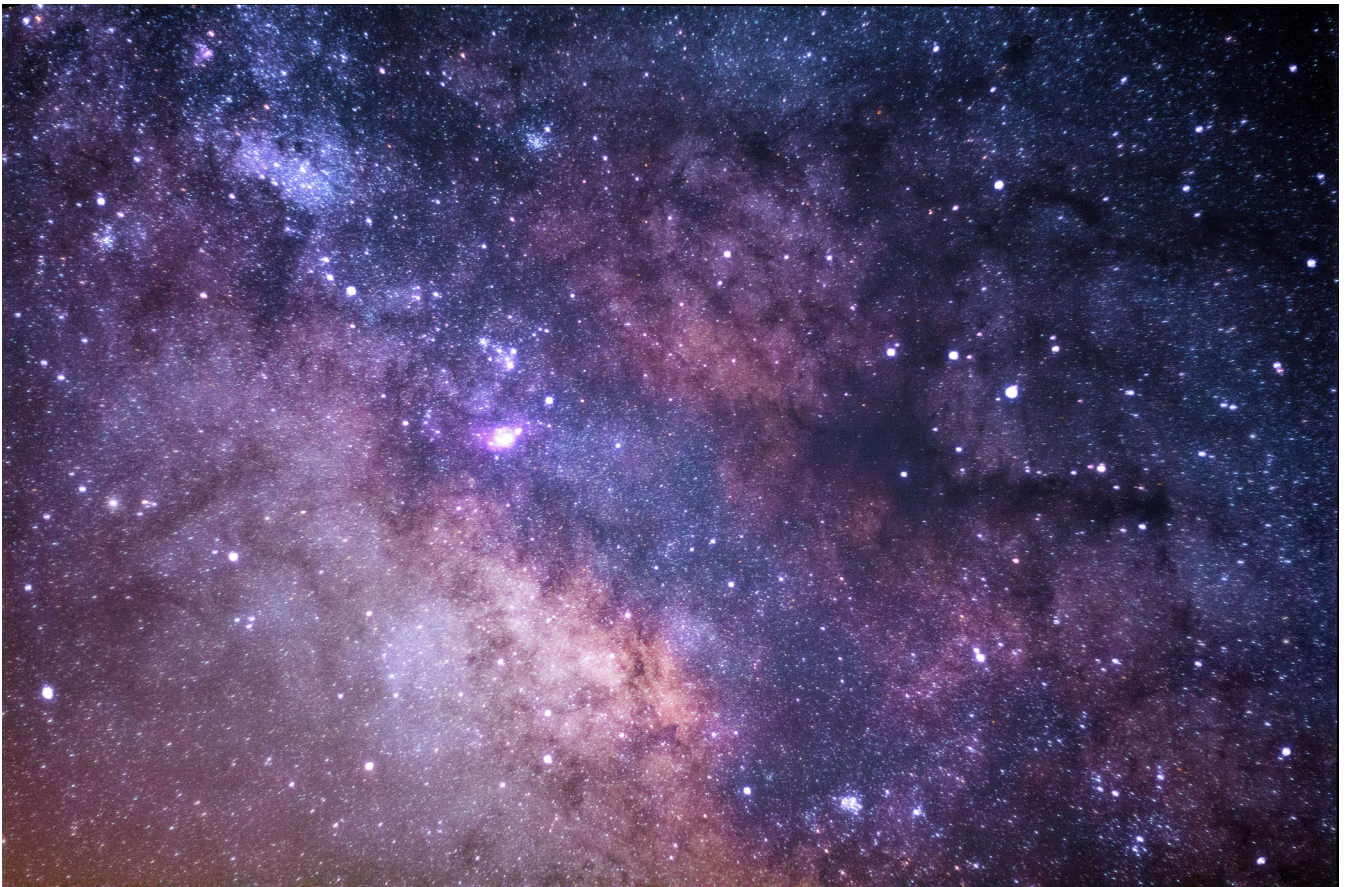


What are you feeding?

What is this thing that shapes our ideas and aspirations which is being sold at such an unreachable price?







THANK YOU SO MUCH FOR JOINING US

TOGETHER, WE ARE THE CHANGE!