

2015 Residential Mindfulness Retreats

August 7-10 at [Wellspring Conference Center](#), Germantown, Maryland

For People of Color

Returning to Our True Home: Nurturing Our Roots, Celebrating Our Wholeness

Friday, August 7, 9 am – Saturday, August 8, 5 pm

For All Activists

Sacred Justice: The Heart of Compassion for Ourselves and for Our World

Sunday, August 9, 9 am – Monday, August 10, 5 pm

To register: <http://www.sogosurvey.com/k/SsQRPTWsVsPsPsP>

More info: <http://www.baltimoremindfulnesscommunity.space>

Contact: Marisela Gomez at socialhealthconcepts@gmail.com

Cost: Sliding scale: for individual retreats: \$100-\$145; for both: \$240 – \$295. This includes meals and accommodations. Please give at the highest level you can afford so others can attend. Some scholarships are available – contact Marisela at email above.

Note: These are residential retreats. Please plan to stay overnight instead of commuting.

Facilitators



Kaira Jewel Lingo, formerly Sr. Jewel, was ordained as a nun by Zen Master Thich Nhat Hanh in 1999 and as a Dharma teacher in 2007. She returned to lay life in March of 2015 and continues to share the practice of mindfulness as a lay Buddhist teacher. Kaira Jewel has led mindfulness retreats in the U.S., Europe, Asia, Brazil, India and Southern Africa. She shares mindfulness and compassion, especially with children, families and young people, and brings mindfulness to teachers and schools. She also leads regular retreats for people of color and artists. She explores the interweaving of art, play, ecology and spiritual practice and is a certified yoga teacher and InterPlay leader.



Marisela Gomez is a mindfulness practitioner, author, public health scholar activist, and physician. Of Afro-Latina ancestry, she has spent more than 20 years in Baltimore involved in social justice activism and community building/health research and practice. Since 2004 she has been studying and practicing mindfulness and other forms of meditation in US, Nepal, Malaysia, Thailand, Colombia, Belize and France. She has co-organized retreats for People of Color at Blue Cliff Monastery in New York since 2007, a monastery in the tradition of Ven. Thich Nhat Hanh.

Sponsors



[Social Health Concepts and Practice](#)



[Baltimore Racial Justice Action](#)



[Baltimore & Beyond Mindfulness Community](#)