

**Social Health Concepts & Practices and Baltimore Racial Justice Action and
Baltimore and Beyond Mindfulness Communities**

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

**A Two-day Residential Retreat for People of Color
Friday, August 7th, 9am to 6-6:30pm & Saturday, August 8th, 9am to 5pm**

and

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

**A Two-day Residential Retreat for all Social Activists
Sunday, August 9th, 9am to 6-6:30pm & Monday, August 10th, 9am to 5pm**

Registration: Opens June 7, 2015

This will be a residential retreat with no commuters.
Space is available for approximately 30 participants for each two-day session.

Location: Wellspring Conference Center, 11411 Neelsville Church Road, Germantown, MD 20876

Mindfulness: See [Baltimore and Beyond: Mindfulness Community](#) for more information.

Registration Options:

	Retreat Type	Details	Sliding Scale Fee	Deposit
1	Full Session for POC	Aug 7 – Aug 8 (1 night, 4 meals)	\$100 - \$145	\$80
2	Full Session for all Social Activists [POC and non-POC]	Aug 9 – Aug 10 (1 night, 4 meals)	\$100 - \$145	\$80
3	Extended Session for POC	Aug 7 – Aug 10 (3 nights, 10 meals)	\$240 - \$295	\$150

Registration Fees: There is a sliding scale for everyone who attends the retreat. Please give at the highest level you can afford so others can attend. You may pay the full fee now when completing the online registration form. Alternatively, you can submit a deposit (\$80/\$150) electronically now

to secure your spot and pay the remaining balance upon arrival at the retreat site (cash or check only please). Checks and online payments must be received by July 28, 2015.

What is provided by Wellspring Conference Center:

- **Menu is vegetarian. Each Full Retreat Session will include 4 meals:** lunch and dinner (day 1) plus breakfast and lunch (day 2). An additional dinner Saturday night and breakfast Sunday morning will be provided for those participating in the Extended Retreat option.
- Refrigerators and full kitchens are available in each cabin for people with special diets or who wish to bring additional food, beverages, and snacks.
- Double occupancy rooms are provided; we will only triple those who agree in advance.
- Bed linens and towels will be provided.

Cancellations: In the event that you cancel at least 10 days prior to the event (before July 28th), we will return your deposit minus a \$50 fee. If you must cancel, please email and notify Marisela Gomez at socialhealthconcepts@gmail.com at the earliest possible date so that we may notify individuals on the waiting list.

Wait List: Attendance at this retreat is on a “first come, first served” basis. There is space available for approximately 30 participants for each two-day session. Please email Rosemary Riel at rosemaryriel@gmail.com if you would like to be on the wait list.

Transportation: If you are interested in possible ride sharing options, please email Rosemary Riel at rosemaryriel@gmail.com. Within the text of your message, please indicate:

- Location from where you will be traveling (e.g. from Baltimore, DC, Silver Spring, etc)
- Willingness to drive your own vehicle, and if so, number of individuals you can transport

Directions:

Wellspring Conference Center

11411 Neelsville Church Road, Germantown, MD 20876

(301) 515-9120

<http://www.wellspringconference.org/directions>

Please note: GPS devices do not map the Wellspring location correctly. Please follow these directions.

Wellspring Conference Center is located on the grounds of Dayspring, 25 miles northwest of Washington, D.C. and 50 miles from downtown Baltimore. The center is one and one-half miles east of the intersections of Interstate 270 and Maryland Route 118 in Germantown, Maryland.

From the Northeast:

Take the most direct route to Baltimore, Maryland, then travel I-70 West. Exit onto Maryland Route 27 South, going through Damascus. About 5 miles out of Damascus Route 27 crosses Frederick Road (Route 355). Turn left onto 355; go about 1 mile. You will pass the Neelsville Presbyterian Church on the left; a few hundred yards further, turn left on Germantown Road (Route 118 North). Get in the left lane and take first left onto Shakespeare. Take next right onto Neelsville Church Road. Drive down the hill, then up the next hill. At the top of the hill turn left into Wellspring. As this is a dangerous turn please stop and make sure no cars are coming from the opposite direction.

From Washington, D.C. and South:

Take I-270 North from the Washington Beltway (I-495). At about 15 miles north of the Beltway, take "Exit 15A 118 North to 355". Travel north on 118 for 3/4 mile. At the third stoplight, (355 or Frederick Road) continue straight across the intersection. Get in the left lane and take first left onto Shakespeare. Take next right onto Neelsville Church Road. Drive down the hill, then up the next hill. At the top of the hill turn left into Wellspring. As this is a dangerous turn please stop and make sure no cars are coming from the opposite direction.

From the West and North:

Take the most direct route to Frederick, Maryland, then follow I-270 South for about 20 miles. Get off at Exit 15, "Route 118". At the stoplight at the end of the ramp, turn left on 118 (North). Travel north on 118 for 1 mile. Continue straight on Route 118 across the intersection with 355 (Frederick Road). Get in the left lane and take first left onto Shakespeare. Take next right onto Neelsville Church Road. Drive down the hill, then up the next hill. At the top of the hill turn left into Wellspring. As this is a dangerous turn please stop and make sure no cars are coming from the opposite direction.