



Insight-Out Development

YOUR LIBERATION IS MINE

a 4-week Online Racial Healing Series

Mondays Sept 14 - Oct 5 7:00 - 8:30 PM cst

Insight-Out Development, The Women's Center for Healing and Transformation, and Swan River Yoga Arabi are bringing together five BIPOC women to explore racial healing from a more nuanced space that exists between the white and Black racial divide. They will help cultivate racial healing by sharing their healing journey and how they have connected that journey to the collective healing journey of Black Lives Matter. This healing practice is intended to help us center and value Blackness and Black Lives while cultivating our own practices of connection, wholeness, openness, and knowledge. All womxn are welcome, and we also want to expressly welcome trans gender persons and/or those who identify as non-binary, femme, or feminine.



Co-facilitator (All 4 Weeks)

Florentina Ramirez Staigers, a mixed El Salvadoran and white Latinx, is a social justice attorney, community-healer, and writer. She will co-facilitate the practice each week.



Sept 14: Connection

Shawyuh Karen Wang is a Taiwanese American immigrant, with experiences living abroad, and tri-coastally in America. She cultivates small community businesses, and is an animal lover.



Sept 21: Wholeness

Lupe Staigers identifies as mixed El Salvadoran, white Latinx. She is an international development worker. She is currently based in Denver, CO studying social work.



Sept 28: Openness

Sister True Moon of Clear Grace received her novice ordination in the Plum Village Vietnamese Zen tradition headed by the Venerable Thich Nhat Hanh. The Dharma has been her greatest source of insight and transformation to heal from injustices of all kinds.



Oct 5: Knowledge

Dahlia El-Shafei is a mixed, Egyptian American with roots in Appalachia and heart in New Orleans. She is an artist, writer, educator and community healer.

OUR TIME TOGETHER

will be grounded in:

- A 20 minute racial healing meditation
- Deep-listening
- Individual contemplations
- Community-building/Sharing Experiences

SLIDING SCALE DONATIONS:

- \$100 generously supports us in offering the work at reduced costs
- \$80 helps us compensate our time
- \$40 suggested for those on fixed income (or donate what you can.)

Drop-ins are okay: Suggested \$25-\$10
No one will be turned away for lack of funds.

Register for the Event:

<http://bit.ly/YourLiberationIsMine>

