

# Women of Color Retreat: Cultivating Wisdom and Self-Care in These Modern Times

Wednesday, November 18 – Saturday, November 21

## Wednesday, Nov. 18

4 - 6:00 pm: Orientation and Opening session (all teachers)  
Welcome and Introductions  
Lineage (Land, Historical relationship with practice & ancestors) (Nakawe)  
Refuges and Precepts (Nakawe)  
Dharma Talk - Framework of the Retreat:  
***The Importance of Cultivating Wisdom and Self Care*** (Tuere)  
Talk on the Body (Lissa)  
Short Meditation (Lissa)

## Thursday, Nov. 19

10 - 10:45 am: Guided Body Meditation with instructions (Nakawe)  
1 - 3 pm: Dharma talk/ meditation (possible walking period & Q&R) (Nakawe)  
***How to Cultivate Self Care***  
4 - 5:30pm: Group practice meetings (Tuere/Nakawe)  
4-5 pm: Optional mindful movement (for those not in groups) (Lissa)  
7 - 8:15 pm: Restorative Movement and Guided BV meditation (Lissa and Tuere)

## Friday, Nov. 20

10 - 10:45 am: Guided Body Meditation with instructions (Nakawe)  
1 - 3 pm: Dharma talk/ meditation (possible walking period & Q&R) (Tuere)  
***How to Cultivate Wisdom***  
4 - 5:30 pm: Groups practice meetings (Tuere/Nakawe)  
4 - 5 pm: Optional mindful movement (for those not in groups) (Lissa)  
7 - 8:15 pm: Restorative Movement and Guided BV meditation (Lissa and Tuere)

## Saturday, Nov. 21

10 - 10:45 am: Going Home Instructions and guided meditation (Nakawe)  
12 - 1:30 pm: Closing session (all teachers)