

# CULTIVATING COMPASSION & RESILIENCE: Non-Residential Mindfulness Retreat for People of Color

**REGISTRATION DEADLINE: SUN, APR 29, 2018.**

**TO REGISTER**, click [FIVE-DAY RETREAT](#) or [WEEKEND RETREAT](#).

In choosing one of the two retreat options, participants are committing to attend the entire course of that retreat.

**RETREAT OPTIONS & SCHEDULES:**

<p><b>FIVE-DAY RETREAT:</b> WED–SUN, May 2–6  <b>COST:</b> sliding scale \$100 --&gt; \$130  <i>(Breakfast not included in retreat)</i></p> <p style="text-align: center;"><b>WED</b></p> <p>5:30 pm - 6:00 pm: Arrival Day Check-in          6:00 pm - 6:45 pm: Dinner          6:45 pm - 7:45 pm: Deep Relaxation &amp; Orientation          8:00 pm: End of day - See you tomorrow</p> <p style="text-align: center;"><b>THU, FRI, SAT</b></p> <p>8:15 am: Arrival          8:30 am - 9:45 am: Morning practice of Sitting Meditation, Slow Walking Med., &amp; Deep Relaxation              15' break          10:00 am - 11:00 am: Dharma talk &amp; related workshop          11:00 am - 12:00 pm: Mindful Movements and Outdoor Walking Med.          12:00 pm - 1:00 pm: Lunch              15' break          1:15 pm - 2:15 pm: Deep Relaxation          2:15 pm - 2:45 pm: Earth-Touchings              15' break          3:00 pm - 4:00 pm: Afternoon practice of Sitting Med. and Slow Walking Med.              15' break          4:15 pm - 5:45 pm: Dharma-sharing circles              15' break          6:00 pm - 6:45 pm: Dinner          6:45 pm - 7:45 pm: Deep Relaxation, Sitting Med., &amp; Home Practice Instruction          8:00 pm: End of day - See you tomorrow</p> <p style="text-align: center;"><b>SUN</b></p> <p>8:15 am: Arrival          8:30 am - 9:45 am: Morning practice of Sitting Med., Slow Walking Med., &amp; Deep Relaxation              15' break          10:00 am - 11:00 am: Dharma talk &amp; related workshop          11:00 am - 12:00 pm: Mindful Movements and Outdoor Walking Med.          12:00 pm - 1:00 pm: Lunch              15' break          1:15 pm - 2:15 pm: Five Mindfulness Trainings          Transmission Ceremony              15' break          2:30 pm - 3:15 pm: Chocolate Med. &amp; Closing Circle          3:15 pm - 3:30 pm: Clean-up &amp; Departure</p>	<p><b>WEEKEND RETREAT:</b> FRI–SUN, May 4–6  <b>COST:</b> sliding scale \$50 --&gt; \$80  <i>(Breakfast not included in retreat)</i></p> <p style="text-align: center;"><b>FRI</b></p> <p>5:30 pm - 6:00 pm: Arrival Day Check-in          6:00 pm - 6:45 pm: Dinner          6:45 pm - 7:45 pm: Deep Relaxation &amp; Orientation          8:00 pm: End of day - See you tomorrow</p> <p style="text-align: center;"><b>SAT</b></p> <p>8:15 am: Arrival          8:30 am - 9:45 am: Morning practice of Sitting Meditation, Slow Walking Med., &amp; Deep Relaxation              15' break          10:00 am - 11:00 am: Dharma talk &amp; related workshop          11:00 am - 12:00 pm: Mindful Movements and Outdoor Walking Med.          12:00 pm - 1:00 pm: Lunch              15' break          1:15 pm - 2:15 pm: Deep Relaxation          2:15 pm - 2:45 pm: Earth-Touchings              15' break          3:00 pm - 4:00 pm: Afternoon practice of Sitting Med. and Slow Walking Med.              15' break          4:15 pm - 5:45 pm: Dharma-sharing circles              15' break          6:00 pm - 6:45 pm: Dinner          6:45 pm - 7:45 pm: Deep Relaxation, Sitting Med., &amp; Home Practice Instruction          8:00 pm: End of day - See you tomorrow</p> <p style="text-align: center;"><b>SUN</b></p> <p>8:15 am: Arrival          8:30 am - 9:45 am: Morning practice of Sitting Med., Slow Walking Med., &amp; Deep Relaxation              15' break          10:00 am - 11:00 am: Dharma talk &amp; related workshop          11:00 am - 12:00 pm: Mindful Movements and Outdoor Walking Med.          12:00 pm - 1:00 pm: Lunch              15' break          1:15 pm - 2:15 pm: Five Mindfulness Trainings          Transmission Ceremony              15' break          2:30 pm - 3:15 pm: Chocolate Med. &amp; Closing Circle          3:15 pm - 3:30 pm: Clean-up &amp; Departure</p>
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**SCHOLARSHIP:** Partial scholarships are available for those with financial need. Please fill in the Scholarship Information section as part of your online registration. The retreat organizers will notify you within the week about any scholarships granted. A 50% deposit from the lowest cost on the sliding scale is required.

**RIDE-SHARE:** A link to our online Ride–Share Board will be included in your confirmation letter after you register.

**HOUSING ACCOMMODATIONS:** If you would like to find housing with local sangha members, to offer housing, or to arrange to share a hotel room with other retreatants (rooms shared by gender), please visit our online Room–Share Board. A link to this site will be included in your confirmation letter after you register. Below are some hotels that offer discounted/group rates. Reservations must be made by the deadlines in order for these rates to apply:

**Residence Inn by Marriott at Johns Hopkins Medical Complex** (any updates will be posted on online Room-Share Board)

(443) 524-8400, 800 N Wolfe St, Baltimore, MD 21205

Rate: \$139 per night per room - You can access the link to discount booking on our online Room-Share Board after you register online

Proximity: 2 blocks' walk from MICA Place

Deadline to reserve for group discount rate: Apr 20

Availability:

(May 2-6) 5 rooms with 1 king-sized bed and 1 pull-out sofa per room

(May 4-6) 5 rooms with 1 king-sized bed and 1 pull-out sofa per room

**Holiday Inn Express** (any updates will be posted on online Room-Share Board)

(410) 400-8045, 221 N Gay St, Baltimore, MD 21202

Rate: 20% discount on rate offered the day of reservation. You can access the group discount code on our online Room-Share Board after you register online. Please call the hotel to inquire about the current rate.

Proximity: 15 minutes' drive from MICA Place

Deadline to reserve: May 2

Availability: 2 queen-sized beds per room

**FURTHER QUESTIONS?** Please email us at [office@bluecliffmonastery.org](mailto:office@bluecliffmonastery.org), or call at (845) 213-1782.

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