

White Awareness: Relational Mindfulness and Race Equity

Anti-Racism Education in an Online Mindful Learning Community

“White Awareness: Relational Mindfulness and Race Equity” is a program that integrates the spiritual practice of mindfulness and anti-racism education. With the support of a dedicated community, we will explore what it means to be white, while learning to pay attention in the present moment without judgment. Through present moment awareness we may come to better understand the impact of racism and cultural conditioning. We cultivate the qualities of respect and kindness towards all beings in order to live more connected, compassionate, and wakeful lives.



WHEN: Weekly on Thursdays

Eastern time: 6:00 - 8:00 p.m.

Central time: 5:00 - 7:00 p.m.

Mountain time: 4:00 - 6:00 p.m.

Pacific time: 3:00 - 5:00 p.m.

2021 FALL DATES:

Orientation: Thursday, September 23

Session 1: Thursday, September 30

Session 2: Thursday, October 7

Session 3: Thursday, October 14

Session 4: Thursday, October 21

Session 5: Thursday, October 28

Session 6: Thursday, November 4

Session 7: Thursday, November 11

Session 8: Thursday, November 18

PROGRAM PRE-REQUISITES: Suggested regular mindfulness practice. This program is for white-identified individuals, and by application only.

REGISTRATION: Registration ends September 13, 2021

To register email Susie Clarion at: rmawa4@gmail.com to request the pre-program form and schedule a facilitator meeting to discuss the program parameters. Registration is complete and your space reserved once all paperwork is received, facilitator meeting completed, and payment accepted. Zoom link will be sent prior to first session. *Class size limited, early registration suggested.*

PROGRAM FEE: \$435. Fee reduced to \$400 when paid in full by September 6th.

One quarter of all proceeds will be donated to the Equal Justice Initiative at: <https://eji.org>. Participants receive group instruction including multimedia resources and mindfulness practices.

PRESENTATIONS: All sessions via secure Zoom video platform. Free download at: <https://zoom.us>

FACILITATORS: Holly Nelson-Johnson, MSN, APN, FNP-BC; Judith Bernstein, PsyD, MA; Susan Clarion, MATS, BSN, RN; Michele Zukerberg, MF, BS. Our teaching team has over twenty-five year’s experience offering Mindfulness-Based Stress Reduction, Interpersonal Mindfulness, Insight Dialogue, Social Justice, and Race Equity programming. Collectively we have developed the White Awareness program using relational mindfulness practice as a platform for investigating race equity.

CONTACT: For more information contact Susie Clarion at: rmawa4@gmail.com

“(We) are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” Reverend Martin Luther King, Jr.