



## Schedule

*Note: All meals will be vegetarian or vegan meals, the snacks as well. Cleansing herbal teas will be available every morning. There will be plenty of fruits, vegetables, water, & juice. This is included in your fees.*

### Friday

*Location: Jacumin (Accorn Activity Center)*

*Light refreshments are available until 3:00 p.m.*

11:30 pm – 12:20 pm

Registration Check –In: unpack & pick your bed!

12:30 pm – 12:45 pm

Welcoming address by L. Niajallah Hendrix-Wilson, Founder and Executive Director Indigo's Cultural Arts Centers- The Healing Wheel Program

**WELCOME GUESTS! 😊**

**12:00 pm to 3:00 pm registration for WORKSHOPS ONLY!!!**

*Lecture, Workshops & Tools*

1:00 pm – 2:30 pm

Dawn Tafari

**F\*ck Yo' Box!: Healing My Black Womanly Soul by Turning In and Showing Out**

Your life is yours and yours alone to live. So why not create a life that is worth living on your own terms? You do not have to abide by traditional standards of femininity or Womanhood to be joy-filled.

Your intimate relationship does not have to look like your grandparents' relationship. How you earn money and how you spend your time is yours to decide. In this Workshop, we will talk about the "Box"

that so many people spend their lives trying to fit into. Through exercises in self-exploration and self-forgiveness, we will tear that box apart as we open our minds to the multitude of exciting possibilities that stand before us and discuss strategies for designing a life that meets one's unique needs.

## Jasmine Moore-Getrouw

### **Walking in Armor: The Impact of Toxic Stress on Black Bodies**

This session will focus on the daily impact of toxic stress on Black women's bodies, minds and spirits. This session will specifically illustrate the implications of slavery (post-traumatic slave syndrome), our historical vulnerable social station to our physical, mental and spiritual health. Furthermore, this presentation will highlight ways in which every social interaction from our smallest ecological circle (the individual) to the largest (society) totally impact experience.

3:00 pm to 4:30 pm

## Tonya Poole & Niajallah Hendrix-Wilson

### **The Astrology of Your Birth Chart & Zodiac**

The purpose of this session is to explain the importance of knowing one's personal birth chart and to demonstrate how having this knowledge can assist in their healing journey. Many of us know parts and pieces of our astrology or we only know the trendy zodiac sign. This session will begin to open up the door to your astrological chart. You will learn why an astrological chart is necessary in order to better understand your purpose and destiny.

## Shawna Cohen

### **The History and Practice of Waist Beads**

The History and Practice of Waist Beads begin in Africa centuries ago. This session will discuss how waist beads were traditionally worn under clothes by African Women, waist beads have several different meanings; Femininity, Body Shaping/Size Management, Self Confidence/Self Love, Strength, Wisdom/Self Discipline, Healing/Power, Sexuality/Sensuality, Initiation and Rites of Passage.

## **ONLY overnight participants**

5:00 pm- 6:00 pm Dinner and Mingling 😊

## *Spiritual Work Time*

6:30 pm – Spiritual baths (shower) and get in your whites. All participants will be smudged at this time before entering the circle (*Joyce Learning Center*)

7:30 p.m. Meditation (*Accorn Activity Center*)

8:00 p.m. Sisterhood Healing Circle & activities

9:00 p.m. Bonfire Healing Circle

# *Saturday*

*Location: Jacumin (Accorn Activity Center)*

## *Opening*

### *Spiritual Work & Coping Strategies*

6:00 am- Morning Rise Drum Call (inside) & Libation (Outside)

6:30 am to 8:00 am – Kemetic Yoga Lecture/light Yoga exercise

Dawanna Benjamin

#### Your Internal Rhythm

To connect the breath with the movement and with the posture to facilitate healing. I would be presenting a basic beginners Kemetic Yoga class. Encouraging participants to find and/or create their internal rhythm with the breath and movement of Kemetic Yoga. Learning objectives: Basic Kemetic Yoga Breathing exercises that encourage the Kemetic Yoga postures, Basic modifications and adjustments for the Kemetic Yoga postures, and Basic understanding of Kemetic Yoga and its healing benefits.

8:15 am- 9:00 am – Breakfast

**WELCOME GUESTS!** 😊

**9:00 am to 4:30 pm registration for WORKSHOPS ONLY!!!**

*Light refreshments are available until 12:00 p.m.*

## *Lectures, Workshops & Tools*

10:00 am - 11:50 pm

**L. Niajallah Hendrix-Wilson**

### **Culturally Relevant Healing Modalities for Healing Trauma in African American Girls & Women**

This breakout session will address the theory of historical trauma and explain how trauma is transmitted from one generation to the next generation. We will encourage the audience to understand the psychosocial stages of development and its effectiveness for African American girls and women whom have suffered from traumatic experiences; while creating an interactive platform to discuss culturally relevant healing modalities. We will present a recent case study of one of our healing wheel retreats to show how African American girls and women responded to alternative healing modalities in supportive therapeutic group-style environment.

**Iya Omi Yemi Olomo**

### **Understanding Tradition and Yoruba Principles**

Description coming soon!

12:00 pm – 1:45 pm

**Yolanda Bryant**

### **Healing Through FORGIVENESS**

Society suffers as a result of a variety of trauma resulting in the internalization of unhealed wounds and scars, also known as emotional wounds. The individual's inability to resolve or heal emotional wounds can possibly lead to depression, anxiety, aggression, introversion, low self-esteem, substance abuse, and other self-destructive behaviors. This session will examine the value of "forgiveness" as a tool for healing. Substance abuse counselor, Yolanda Bryant, BS, CAC-P, will deliver personal testimony that demonstrates the use of forgiveness as a tool for healing.

**Ayisha Evans**

### **The Black Beauty Healing**

The Black Beauty Healing workshop will lay the foundation to unpack, empower and equip Black women to love themselves authentically. This is for women who desire life change and transformation.

Participants in this workshop will learn to:

- \* Cultivate authenticity in beauty;
- \* Learn self-love practices;
- Examine our stories about beauty;
- \* Identify root causes of beauty shaming;
- \* Adjust beliefs about misconceptions of Black Beauty;
- \* Recognize supportive resources and targeted action that can be leveraged immediately



## **FROM 2:00 PM TO 3:00 PM** **KEYNOTE: LAVINIA JACKSON**

Lavinia Jackson is a native of Tappahannock, VA, where she began both writing and reciting at an early age. She began publishing in the St. Margaret's School Literary Journal "Tides", in the 8th grade. By graduation, she'd won awards for her poetry. Lavinia received her degree in Creative Writing/Philosophy, with a concentration in Poetry, from Loyola College in 1994. She continued to publish her poetry online and in various collections. She continued to publish poetry and receive awards, while she served in the USCG.

Lavinia used her Veteran status to serve the community through as a Mission Continues fellow, where she often highlighted the plight of Veterans, even as she tutored reading to immigrant children. She went on to serve as a member of the NC VetsCorps, an Americorps pilot, working with Veterans in transition. She partnered with various city agencies to further reach out and make services available to her fellow Veterans. Lavinia was diagnosed with both PTSD and fibromyalgia, due to a Military Sexual Assault.

As a resident of Greensboro, NC, Lavinia took her passion for poetry into the community by both supporting various local events and teaching the value of poetry to local students. Her peace campers were published in a local anthology by partnering with the Creative Writing Dept at UNCG. She is one of the Founders of Sigma Theta Lambda Literary Sorority. She has written for the Greensboro Voice and performed her work with Artists4Justice. She also has facilitated writing classes for the homeless. She co-facilitated the Visual Poetry Walk and is an Artist in Residence, at Revolution Mill.

"Poetry in Plain Sight" is her first collection of work, spanning over 20 years. It was awarded Best Author and the Maya Angelou Literary Award. Lavinia believes everyone can write and through her workshop, "Penman-Sip" she encourages everyone to find a voice through poetry. She understands how important it is, especially as a Veteran, to have both an outlet and a space to share. She is also the CEO of her new company, Harmony on Purpose, which encourages everyone "to find your harmony and making keeping it your purpose."

As the single parent of 3 and one with Osteogenesis Imperfecta, Lavinia raises awareness about Brittle Bones by partnering with local organizations to help raise funds for families in need. With the help of Footsteps to Follow, OI awareness has reached new levels with a fundraiser called "traveling tutus", where the proceeds go directly to families with disabled children.

3:30 pm – 5:00 pm

## Jamillah Neeariah Nasir “ Mama J”

### Herbal Regimen: The Application & Healing Properties

Description coming soon!

## Jerdei Pinkston

### 14 Day Wellness Cleanse

The 14 Day Wellness Cleanse has 3 main components: fasting, prayer/meditation and self-care. This cleanse will be coupled with a daily devotional to implement during your wellness journey. There is also a private support group you are encouraged to engage with during the 14 Day Wellness Cleanse. The HealThy Self 14 Day Wellness Cleanse starts on a Saturday but you will need to attend a class to receive all the information and tools you need to be successful. There are two sessions available please take a look at your schedule and decide which session you can attend. The information and tools given during the session are required to proceed.

5:10 pm 6:40 pm

## Tia Buster

### “Reading and Writing your Way to Healing”

Imagery= Words, phrases, that appeal to all 5 senses. When these senses are in sync, and we are in a state of healing, the right word combination can activate that elusive 6<sup>th</sup> sense that links right to our spirit, which in turn can connect us with ancestral energy. The culminating end goal is healing. We can either create these words ourselves, or we can explore literature that will help us tap in to that 6<sup>th</sup> sense. Creativity through writing gives individuals the freedom and discretion to use their words as a means of catharsis, whether they intend for anyone to read these words or not. Exploring literature, especially literature that deals with the unique experience of the black woman can also inspire others to connect with characters and gain inspiration.

## Lavania Jackson

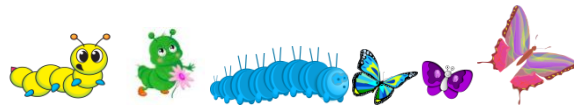
### Healing Through Poetry

Nakupenda means “I love you” in Swahili. This workshop is about saying those words to yourself, with a few familiar tools. My primary medium is poetry. African-Americans are gifted writers, but only have four accepted and recognized forms of poetry. We aren’t going to use any of those. I’ve created a new form to help you love you a little more.

*ONLY overnight participants*

7:00 pm Dinner & mingling

8:30 pm Healing Circle Ceremony



# *Sunday*

## *For Overnight Participants ONLY*

*Location: Jacumin (Accorn Activity Center)*

### *Opening*

### *Practicing Learned Tools*

6:30 am- Reflective journaling

7:00 am - Libation & Drum call for the Ancestors

7:15 am- Seeding Meditation & Deep Breathing

7:30 am to 8:20 am –Light Yoga, walk to listen to nature and the ancestors (*outside*)

8:30 am- 9:30 am - Breakfast

30 minutes ***BREAK- Begin Packing Up!***

10:00 am- 10:30 am Afro-beats workout

10:30 pm – 11:30 pm- Shower & get dressed

11:45 pm to 12:30 p.m. Lunch

12:45 pm -2:00 pm Reflection, Sing A long Activity, and Group



Picture (get pretty) ....



2:00 pm -3:00 pm Finish packing & Say your farewells

3:00 pm IN PEACE, LOVE, LIGHT AND HEALING,

....FAREWELL



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