

ROOM TO BREATHE

EQUITY • HEALING • JUSTICE

a BIPOC online wellness retreat - Friday, February 18, 2022

NOW MORE THAN EVER, BIPOC EMPLOYEES ARE WONDERING
HOW WILL MY COMPANY LIVE UP TO THEIR STATES GOALS AND VALUES?

WELCOME TO ROOM TO BREATHE.

Room to Breathe is a workday retreat for BIPOC on Friday, Feb. 18, 2022. This online retreat focuses on the experience of BIPOC working in predominantly white institutions and is led by an incredible team of practitioners and facilitators dedicated to liberation and wellness. We will cultivate a space for authenticity, release, community, and professional and personal development.

SCHEDULE OVERVIEW

- 10:00 am: Welcome
- 10:20am: Meditation & Mindfulness
- 11:10am: Transformational Change in Self & Work
- 12:10 pm: Lunch Break- dance films from RAWdance
- 12:40pm: Self-Care at Work
- 1:50pm: Healing from Stereotypes
- 2:50pm: Personal Leadership
- 4:00pm: Collective Rest
- 4:45pm: Close Out



MEET R2B CREATOR & FACILITATOR

REBECCA KELLYG {SHE:HER}

Rebecca is the creator of Room to Breathe, a multidisciplinary healing artist and equity and justice consultant rooted in anti-racist practices. As a former civil rights attorney, her approach is informed by experience in structural and institutional advocacy and understandings of oppression. As an artist and facilitator, her methods are led by heart, inquiry, and intuitive communication. Rebecca supports the cultivation of self-love and accountability for collective justice with individuals and organizations. She holds such honors as The Adjunct Professor Award for Diversity and Inclusion from Wagner College; George N. Lindsay Civil Rights Legal Fellow with The Lawyers' Committee for Civil Rights Under Law. Her work has been included in American Theatre Magazine, Rolling Stone, Playbill, and Elia Alba's.

For more information and to purchase tickets visit:

RebeccaKellyG.com/R2B

and follow us on IG @RoomToBreathe_Retreats

MEET THE FACILITATORS



CHIARA MAYA {SHE:HER}

Chiara was raised in the far north redwood coast of California where she grew up attending Native American ceremonies. From a young age she was taught the power of prayer and sacred ritual directly from the wisdom of esteemed tribal elders. Naturally, this foundation led to Chiara's devotion to deepening her connection to consciousness and Spirit.

Chiara began her certifications as an Advanced Akashic Records Practitioner in 2015 through the Linda Howe's Center of Akashic Studies based in Chicago. She continued to study with Helen Vonderheide in Los Angeles and in 2021 became a Certified Advanced Personal Pathway and Lifeway Practitioner. Chiara's acute ability to directly access a soul's archive allows her to gently guide you to the connection with your own source consciousness. As a life designer, creative, and healer, Chiara seeks to align you with your inner-most sacred truth, giving way to agency to better navigate your life from a deeply congruent and authentic perspective.



KENLY BROWN PhD {SHE:HER}

Kenly is a postdoctoral fellow at Washington University in St. Louis in the Department of African and African American Studies. She earned a PhD in African Diaspora and African American Studies at the University of California, Berkeley with a designated emphasis in Women, Gender, and Sexuality Studies.

Her research interests and teaching agenda draws from my interdisciplinary training in Black intellectual thought and social science situated at the nexus of race, gender, and institutional violence. While at Berkeley, she co-founded the Black/Girlhood Imaginary working group and served as a project manager in the Justice Interaction Lab. Her research has been supported by the Ford Foundation Pre-Doctoral Fellowship and AERA Minority Writing Fellowship. She currently runs the Black Girlhood Studies Lab, housed in the Center for Race, Ethnicity, and Equity at Washington University in St. Louis.



CASSANDRA LAM {SHE:HER}

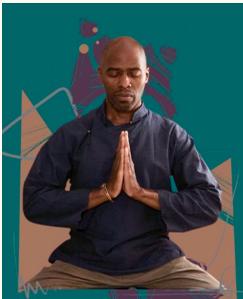
Cassandra is a Vietnamese-American transformation facilitator and trauma-informed wellness practitioner based in Brooklyn, NY. As CEO and Co-Founder of The Cosmos, she creates content and experiences for Asian women to care for themselves, their community, and their world. Since March 2018, their work at the intersection of AAPI identity, somatic healing, and women's empowerment has been featured in The New York Times, Fast Company, Paper Mag, and more.

Cassandra's facilitation style is informed by 9 years of practice in the healing arts, 300+ hours of training, and experiences guiding groups of all sizes virtually + in person. Cassandra Lam is a Vietnamese-American transformation facilitator and trauma-informed wellness practitioner based in Brooklyn, NY.



VELINE MOJARRO {SHE:HER}

Veline is an artist, educator, and reproductive justice advocate from Los Angeles, California. Her work operates at the intersection of art, social justice, and equity. Veline is a co-founder of SHIFT: Sexual Harassment Prevention, Equity, Diversity & Inclusion Consulting and Director of Equity, Safety, and Inclusion for every one, a Goldenvoice initiative to prevent and stop any form of harassment at Coachella and Stagecoach music festivals. She previously was a Lecturer in the Department of World Arts and Cultures/Dance at UCLA, where she also served as Director of Community Programs for the UCLA Art and Global Health Center.



CARLOS ALBERTO {HE:HIM}

Carlos has 20+ years of meditation experience. Since certification in 2016, he teaches in many wellness studios, corporations, and nonprofits. He has offered meditation sessions to every grade of NYC public schools and digital meditation content for the Dept. of Corrections in MA. As creator of TimeToSIT.com he offers on-demand content and live virtual sessions online.