



# Join us!

at the  
Center for Contemplative Studies



## Black, Indigenous and People of Color (BIPOC) Meditation Practice Circle

Wednesdays at 2pm, Starting September 15, 2021



This Fall, 2021, West Chester University will begin offering a weekly Affinity Mindfulness Circle for the BIPOC community. This space is specifically for individuals who identify as Black, Indigenous and People of Color. Participating in this mindful meditation community may create shared and individual opportunities for greater awareness and presence, agency, equanimity and healing.

If you self-identify as BIPOC, we encourage you to try this offering. If this does not describe how you self-identity (i.e. if you are white, non-indigenous), we graciously ask that you not join this particular group, and allow it to be an intentional space for this community.

These weekly Affinity Mindfulness Circles, led by Jeanine Martin\*, practice online together on Wednesdays at 2pm. These weekly sessions provide a safe place where we can meditate together and create spaces to be more vulnerable and work through the shared specifics of suffering and healing. During weekly sessions, Jeanine will offer readings, short talks, guided and/or silent meditations of 15-20 minutes, concluding with a reflection during the last 10-15 minutes. Those new to meditation and long-time practitioners are welcome.

Jeanine Martin, MPH, is a certified mindfulness teacher who received her graduated certification from West Chester University Applied Mindfulness Graduate Certificate Program.